John Cranford,
M. D.

THE

MEDICAL GUIDE,

FOR THE USE OF

FAMILIES AND YOUNG PRACTITIONERS IN MEDICINE AND SURGERY.

BEING A COMPLETE SYSTEM OF

MODERN DOMESTIC MEDICINE;

John Crawford

EXHIBITING A COMPREHENSIVE VIEW

OF THE LATEST AND MOST IMPORTANT DISCOVERIES IN MEDICINE, PHARMACY, &c.

FIRST AMERICAN, FROM THE FOURTH LONDON EDITION, CONSIDERABLY ENLARGED AND IMPROVED.

By RICHARD REECE, M. D.
Member of the Royal College of Surgeons; author of the Medical and Chirurgical Pharmacopœia; a Treatise on the Lichen Islandicus, &c.

Omnes homines artem medicam nosse oportet.....Sapientiæ cognitionem medicinæ sororem ac contubernalem esse puto. *Hippocrates.*

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PREFACE.

THE views of the Author, in the first publication of this work, were to render the Family Medicine Chest more extensively useful, by establishing a plain and rational system of *Domestic Medicine*, free from the fripperies of science and the jargon of professional technicalities; and to recommend to the public the *Chemical and Medical Hall*, the establishment of which he had undertaken for the express purpose of furnishing Medicine Chests, and supplying the public with drugs of the choicest quality. The necessity and utility of such a measure have been satisfactorily demonstrated, by the encouragement it has experienced from some of the most distinguished families, eminent physicians, and chemical characters in the united kingdom; and he flatters himself that its increasing patronage may be deemed a proof of his having conscientiously adhered to the professions contained in the preface of the first edition of this work. This mark of public esteem is highly gratifying to his feelings, and merits his warmest acknowledgments. A grateful recollection of the celebrity which this institu-

tion has acquired, stimulates him to use every effort to uphold its character, and render it deserving of that public confidence which it now so fully possesses.

The very favourable reception of the *two first* editions of this work, induced the author to make many additions to the *third*, the demand for which, has been much greater than is usual for publications of this description. It obtained the sanction of medical men, esteemed for liberality and erudition, who directed copies to be sent to their friends abroad: it has been translated into different languages on the continent, and reprinted in America; circumstances which, in his opinion, entitled *this fourth edition* to every possible improvement, which he flatters himself it has received, and with this presumption it is now offered to the public. These improvements principally consist, in the addition of the latest discoveries in medicine, and much important information relative to the prevention, cure, palliation, and distinction of diseases, interspersed with such cautions and remarks as may prevent the misapplication of the means suggested, and which are not to be found in any other work of this nature. The whole being the result of long experience and elaborate study, he flatters himself the contents will prove, both in *Domestic Medicine*, and to young practitioners, of the highest utility.

He has endeavoured likewise to counteract the pernicious practices of unprincipled empirics, by exposing the absurdity of professions which are perpetually insulting the public understanding. The numbers and effrontery of these pretenders not only entail a lasting disgrace on a country, celebrated for its great improvements in all parts of science, both human and divine, but threaten destruction to the welfare and happiness of thousands. Under such alarming circumstances, he has considered it a duty incumbent on him as a member of the community, and of the medical profession in particular, to detect the machinations and resist the inroads of this host of mercenary marauders; but, unfortunately, the situation of medical men is such, that, in *this* respect, their best intentions and disinterested exertions are illiberally imputed, by those benefited by the sale of nostrums, to some base and sordid motive. The little opposition which these impostors have consequently met with from the regular and legitimate profession, has been regarded by the public as a sort of negative connivance. He trusts, therefore, that a just exposure of this detestable traffic, will have its due influence in inducing those who have, thoughtlessly, but very imprudently, lent their names in its support, not only to withdraw such sanction, but to let their light so shine, as to be *watch-towers* and not *rocks*, admonishing others to shun as a pestilential contagion, those specious and daring impositions.

From motives of philanthropy, the author will endeavour to improve every subsequent edition of this work, and render it more worthy of public favour and approbation. His principal object being to enable the benevolent to administer comfort and relief to such objects as poverty and disease, the two greatest natural evils of life, recommend to their compassion, he assures his readers he will with pleasure give every information in his power to assist such persons in the discharge "of that work and labour of love," which is one of the most gratifying and important duties of CHRISTIANITY.

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THE

FAMILY DISPENSATORY;

OR,

COMPLETE COMPANION

TO THE

FAMILY MEDICINE CHEST,

&c. &c. &c.

BEING

THE FIRST PART

OF THE

DOMESTIC MEDICAL GUIDE.

TO THE RIGHT REVEREND

RICHARD WATSON, D. D.

LORD BISHOP OF LANDAFF.

MY LORD,

THE former editions of the Family Dispensatory having been honoured with your lordship's notice and recommendation, I feel confident in offering to the public the present improved edition, under the powerful sanction of your lordship's name. The numerous additions it has received, will, I hope, render it more worthy of your acceptance, and useful to the public; as I flatter myself, in its present form, it will direct the benevolent to the best known means of preventing, curing, or alleviating the diseases of their indigent neighbours.

I feel peculiar pleasure in observing, that the *Chemical and Medical Hall*, which is under my superintendency, is patronized by some of the most distinguished families and members of the medical profession in the united kingdom, in a manner extremely flattering to me. I therefore beg leave to declare, that by so signal a mark of public esteem, I consider myself obligated carefully to examine all preparations and drugs preparatory to their being

subjected to use or sale; and I pledge myself, that for genuineness and purity they shall not be excelled by any chemical institution in Great Britain. I am sensible, to this circumstance I am indebted for the honour of your lordship's patronage, which I appreciate the more highly, as it comes voluntarily from a character so eminently distinguished for liberality, science, learning, and piety.

I have the honour to be, my lord, your lordship's much obliged and most obedient servant,

RICHARD REECE.

Henrietta-street, Covent-Garden,
December 10, 1806.

PART I.

THE

FAMILY DISPENSATORY.

FOR the basis of a Family Dispensatory, the author has selected those Medicines which he judges most essentially necessary in a Medicine Chest, and with which, from their great utility, one person at least in every village*

* Doctor Disney Alexander, in his late popular dissertation on the means of preserving health, judiciously observes, "If clergymen who live in the country, and gentlemen who reside upon their own estates, would devote a small portion of their time to the study of medicine, it is incalculable how much good they might render to the poor families in their several neighbourhoods in this respect. The timely exhibition of a few doses of physic in the beginning of a disease, with a few plain directions concerning cleanliness, regimen, &c. would be no degradation to their character, and might frequently prevent the spread of those infectious fevers to which the lower classes of people, even in country villages, are sometimes subject, and which, not unfrequently from neglect and inattention, prove fatal to the youngest, most robust, and most useful part of the community." The tribute of applause is never more justly

ought to be provided. The advantages of such a provision are too numerous to be detailed, and too obvious to be denied. It affords an immediate resource in those sudden attacks of disease, and contingencies of misfortune, in which it is absolutely necessary relief should be speedy to be effectual. In cases of fits, suffocation, poisons, burns, scalds, &c. who will not readily acknowledge the good which it may do, and the evil it may prevent?

It enables the benevolent, at a trifling expense, not only to alleviate the sufferings, but often to save the lives of their fellow-creatures. To a heart glowing with the true spirit of Christian charity what can possibly be more gratifying than to restore the bloom of health to the wan and faded cheek of poverty and disease? And what is perhaps equally important, it furnishes medicines very superior in quality to those generally sold in the country, and on whose purity the greatest reliance may be placed.

A variety of plans for the family Medicine Chest has been recommended by different popular writers. The chest termed the *Portable Family Dispensary* * is made by the particular directions of the author, on a construction that the bottles, pots, and drawers are arranged to correspond with the numerical references of this work, and in sizes proportioned to the utility and potency of the articles they are intended to contain, viz.

due, nor more honourably conferred, than when it is bestowed on those who exert their influence and employ their talents in lessening the sum of human misery; who sit by the side of affliction, promoting the recovery of health, and mitigating the anguish of disease.

* A description of this Chest, with others, is given in the Appendix.

Five Bottles in the Back Part for

NO.
1. Magnesia
2. Rochelle Salt, or
Epsom Salt, or
The tasteless Purging Salt

NO.
3. Castor Oil
4. Tincture of Rhubarb
5. Opodeldoc

Five Bottles in the Front Part for

6. Compound Tincture of Bark, or
7. Tincture of Ginger and Chamomile
8. Compound Tincture of Senna
9. Compound Spirit of Lavender
10. Mindererus's Spirit
11. Paregoric Elixir

Nine Boxes in the Right Wing for

12. Spirit of Hartshorn
13. Spirit of Sal Volatile
14. Vitriolic Ether
15. Sweet Spirit of Nitre
16. Antimonial Wine
17. Tincture of Myrrh
18. Diluted Vitriolic Acid
19. Tincture of Assafœtida
20. Volatile Tincture of Guaiacum

Nine Bottles in the Left Wing for

21. Salt of Wormwood
22. Crystallised Acid of Lemon, or
Concrete Acid of Tartar
23. Ipecacuan Powder
24. Essential Salt of Bark, or
25. Salt of Steel
26. Rhubarb Powder
27. Jalap Powder
28. Refined Camphor
29. Compound Cretaceous Powder
30. Extract of Lead

Nine small Bottles in a Drawer for

31. Liquid Laudanum
32. Essence of Peppermint
33. Essence of Cinnamon
34. Prepared Calomel
35. Emetic Tartar
36. Basilic Powder
37. Antimonial Powder, commonly called
James's Fever Powders
38. Acetic Acid
39. Smelling Salts

Six Pots in the Back Part for

40. Blistering Plaster
41. Spermaceti Ointment
42. Brown Cerate
43. Yellow Basilicon
44. Savin Ointment
45. Squill Pill
46. Cathartic Extract
47. Lenitive Electuary

Six Drawers in the Front, with Partitions, for

48. Peruvian Bark Powder
49. Jamaica Ginger Powder
50. Senna Leaves
51. Flaky Manna
52. Gum Arabic Powder
53. Purified Nitre ditto
54. Cream of Tartar
55. Flowers of Sulphur
56. Court Plaster
57. Lint
58. Diachylon
59. Ditto with Gum
60. Prepared Natron

Pestle and Mortar, Graduated Measure, Scales and Weights, Spatula, Bolus Knife, Scissars, Silver Spoon, Tyle, Funnel, &c. &c.

Explanation of Weights and Measures.

20 Grains,	make	1 Scruple
3 Scruples, ...		1 Drachm
8 Drachms, ...		1 Ounce
12 Ounces, ...		1 Pound.

The small round impressions on the thin weights stand for so many grains.

By a tea-spoonful, is meant one drachm—a table-spoonful, half an ounce—a wine-glassful, two ounces—and a tea-cupful, three ounces, or a quarter of a pint.—A drop is generally considered to weigh a grain, so that sixty drops are reckoned equal to a drachm, or a tea-spoonful; but in all cases the smallest doses should be measured, as drops greatly differ both in size and weight.—Spoons likewise vary too much in size to be used as measures by the exhibitor of medicine.

The graduated measure is marked from half a drachm to an ounce, and the drop measure from one to thirty drops.

The doses specified throughout this work are for adults, which must be increased or diminished according to the strength and habit of the patient, and the age, according to the following rule:

Two thirds of the dose, from the age of 14 to 16.
One-half from 7 to 10.
One-third from 4 to 6.
One-fourth to one of 3 years.
One-eighth to one of 2 years.
One-tenth to one of a year.

It is customary to repeat the dose of an aperient medicine about every three hours till it operates, or to have recourse to a lavement, which in cases of obstinate costiveness is often preferable.

No. 1. MAGNESIA,

Taken from 15 grains to half a drachm, in a little peppermint water, is a very efficacious remedy in correcting acidity in the stomach, with which it readily unites, and forms a pleasant aperient medicine, and, by neutralizing the acid, speedily relieves the painful sensation termed the heartburn.

The purgative effects of magnesia entirely depending on its meeting with an acidity, it frequently happens that a small dose will operate more on the bowels than a large one, through there not being a sufficient quantity of acid present to dissolve it; and if there be no acidity in the

stomach or intestines, it will not produce any sensible effect.

When acidity is the consequence of debility of the digestive organs, which in adults is generally the case, the effects of magnesia will be but temporary, unless combined with an aromatic bitter, as the tincture of ginger and chamomile, No. 7, which will prevent its recurrence by removing the cause. When the complaint is obstinate, or has been long standing, the prepared natron will prove more effectual, and, being perfectly soluble in water, is less disagreeable to the palate. (See Prepared Natron, No. 60, and Indigestion.)

For correcting acidity in the stomachs of children, particularly when attended with costiveness, magnesia, either alone or combined with rhubarb powder, is a very excellent remedy, but when attended with looseness, or what nurses term griping stools, the cretaceous powder, No. 29, will prove equally efficacious in absorbing the acidity, and at the same time will restrain the violence of the purging; or, if the evacuations be not immoderate, they may be advantageously combined. (See Cretaceous Powder, No. 29, and Absorbent Mixture, No. 73.)

The calcined magnesia has been preferred by some practitioners on account of no fixed air being disengaged in the stomach and intestines, on its union with an acid, which from the common magnesia is extricated in considerable quantity. Fixed air is however so very grateful to the stomach as often to remove nausea, and so far from increasing flatulency in the bowels, will often correct and relieve it, the two airs being very different in their nature. (See Flatulency.)

Magnesia is frequently adulterated with chalk: this fraud may be detected by putting a dessert spoonful of the suspected magnesia into an ounce of the diluted vi-

triolic acid, No. 18. If the magnesia be entirely dissolved, and the solution remain clear, it may be pronounced pure, but not otherwise. If the experiment be made with the common magnesia, there will be a considerable effervescence; but, with the calcined, there should be none.

No. 2. ROCHELLE SALT, EPSOM SALT, and TASTELESS PURGING SALT.

The Rochelle salt has been long esteemed by the first physicians on the Continent, as less disagreeable and equally efficacious as the common purging salts, and through the commendation of the late Dr. Cullen has been much employed in this country. It may be taken to the extent of an ounce, or 12 drachms, dissolved in whey or liquorice root tea, both of which cover that brackish taste from which none of the aperient salts are entirely free.

The Epsom salt, although more disagreeable to the palate than the Rochelle, has great advantage in being a more mild and gentle purgative; operating with sufficient efficacy and in general with such ease and safety (rarely occasioning any gripes, sickness, or other inconveniences), that have induced many practitioners to suppose that it possesses the property of allaying colicky pains, even independently of evacuations.—Six drachms of this salt are equal in strength to eight of the Rochelle. It may be taken, dissolved either in whey or common water—with the former, in the proportion of six drachms to a quarter of a pint; it is by no means an unpleasant potion.

The phosphate of soda, commonly called tasteless purging salts, was first recommended by Doctor George Pearson, as less nauseous than any of the aperient salts.

Its taste is so similar to the common salt, that patients have taken it in broth and gruel without discovering the difference. As a purgative, it has no advantage over the Rochelle salt, and less efficacious than the Epsom salt.—It is taken in the same dose as the Rochelle.

The aperient neutral salts, in the doses of one and two drachms once or twice a day, are very excellent alterative medicines, and dissolved in water, in the proportion of an ounce or six drachms to a quart, form a purgative water not inferior in medicinal properties to the native springs. An ounce of the Epsom salt, dissolved in a quart of distilled or pure water, is by no means inferior, and in many respects very superior to the Cheltenham Spa; and for those cutaneous eruptions and leprous affections of the skin, commonly termed land-scurvy, piles, habitual costiveness, indigestion, flatulency, and many constitutional and local affections, it will often prove beneficial, after other apparently more active remedies had failed. By the addition of two or three grains of salt of steel to the above solution, a chalybeate aperient water is formed, perhaps not less efficacious than the Bath, or any chalybeate spa in these kingdoms; and has this very important advantage, that the quantity of steel and aperient salt may be adapted to the nature of the disease or constitution of the patient. This artificial chalybeate water has proved highly serviceable in cases of green-sickness, the whites, palsy, worms, indigestion, flatulency, &c.; and for those stomach complaints, affecting the lower class of people, it affords a very cheap and efficacious remedy: should it prove too cold for the stomach, it may be taken warm, or with a little ginger powder or aromatic tincture.

By substituting half a drachm of liver of sulphur for the salt of steel, a potent sulphurous aperient water is made, not inferior to the Harrowgate Spa, and taken to the extent

of a quarter of a pint once or twice a day, has proved very beneficial in chronic rheumatism, cutaneous affections and piles.

By means of the aperient salts, the different saline, chalybeate, and sulphurous waters may be prepared artificially to any degree of strength, and possessing every virtue of the natural springs; and being easily obtained without resorting to the watering places, are more suited to those whose avocations or means do not permit them to go to the springs; circumstances which it is hoped will bring into more general use this most beneficial species of remedies.

In the former editions of this work the virtues of the Cheltenham salt were noticed, which is omitted, from a conviction that it possesses no advantage over the Rochelle or Epsom salt, and that it is rarely to be obtained genuine, the Glauber's salts in small crystals being generally sold for them, a practice not unusual even at Cheltenham; indeed the quantity of Glauber's salt sent to Cheltenham is sufficient to excite a suspicion that all the mineral water drank there in a season is not the natural production of the Spa.

No. 3. CASTOR OIL,

To the extent of an ounce, or twelve drachms, affords a valuable purgative medicine in cases of spasmodic colic, habitual costiveness, or piles. It may be taken conveniently in a little peppermint-water, swallowed off as it floats on the top; to which a table-spoonful of compound tincture of senna will prove an useful addition, in rendering it less nauseous to the taste and stomach, and at the same time promote its purgative quality If this mode

be objected to by the patient, an emulsion may be made with it by rubbing the castor oil with about the fourth part of the yolk of an egg, in a mortar, and after they are well blended, to add gradually a little peppermint-water, and lastly some sugar. Castor oil has of late years been expressed in considerable quantity in England—greater care being taken to free the seeds from the decayed ones, and from their rind, both of which are very acrid, and little heat being employed in the process, it is certainly less nauseous than that prepared in the West or East Indies. It is however at best an unpleasant medicine, and as a mild purgative has been much over-rated.

No. 4. TINCTURE OF RHUBARB,

From half an ounce to an ounce, in the same quantity of water, affords an excellent warm purgative draught, for colicky and flatulent affections of the bowels. In weakness and laxity of the stomach and intestines, and a sluggish state of the liver and other viscera, occasioning bad digestion and flatulency; it may be advantageously taken in conjunction with essential salt of bark, as directed for the stomachic mixture, No. 61. If attended with acidity in the stomach, magnesia, No. 1, or prepared natron, No. 60, should accompany its use. On account of the stimulating nature of the spirit and cardamon seeds, with which this tincture is made, it should not be indiscriminately exhibited in all cases of pains in the bowels, in doses large enough to operate as a purgative, but more employed as a warm stomachic medicine, or in conjunction with the powder of rhubarb to correct griping.

No. 5. OPODELDOC

Is a very useful external application for sprains, bruises, chilblains, and for dispersing inflammatory tumours; but, in cases of indolent tumours, deep-seated or rheumatic pains, paralytic numbnesses, enlargement of joints, a liniment composed of four parts of opodeldoc and one of spirit of hartshorn, will prove more useful than opodeldoc alone. (See Volatile Liniment.)

The liquid opodeldoc is superior to the coagulated kind, sold under the name of Steers' opodeldoc, on account of being more penetrating, and of course requiring less friction in its application, which in inflammatory cases is of great importance.

No. 6. HUXHAM's, or COMPOUND TINCTURE OF BARK

May be taken to the extent of a table-spoonful, diluted with double the quantity of pure water, three times a day, in cases of languor of the stomach, and debility of the system; twelve drops of the diluted vitriolic acid, No. 18, will considerably promote its efficacy, particularly if attended with profuse perspirations. (See Tonic Mixture, No. 77.)

The essential salt of bark, dissolved in Sherry or Port wine, as directed, No. 24, forms a tincture that possesses the virtues of the bark in a much purer and higher degree of perfection, than either the compound or simple tincture, and has at the same time the very important advan-

tage in being exempt from the pernicious effects of the ardent spirit * with which they are made.

No. 7. TINCTURE OF GINGER AND CHAMOMILE.

This tincture is strongly impregnated with the aromatic virtues of the Jamaica ginger root, and the essential oil and bitter properties of the chamomile flower, which combined certainly afford a most valuable stomachic medicine; and in cases of indigestion, flatulency, laxity of the bowels, dropsy, and complaints arising from debility of the digestive organs, it will prove more efficacious than the Peruvian bark, or any other strengthening medicine.

From thirty to forty drops may be taken two or three times a day, in half a wine glass of water.

In gouty habits and obstinate cases of indigestion, arising from the too free use of spirituous liquors, or old age, the dose may be increased to a tea-spoonful and upwards.

In affections of the stomach an emetic should precede its use, and if attended with costiveness it should be taken in the artificial aperient mineral water, recommended under the head of Epsom salt, No. 2; but for nervous irritability and hypochondriacal affections, rosemary, sage, or valerian tea will afford the best vehicle.

* Many persons, no doubt, have to date their first propensity to dram-drinking to the too frequent use of spirituous tinctures, rashly prescribed for hysterical complaints, lowness of spirits, flatulency, &c.

No. 8. COMPOUND TINCTURE OF SENNA.

A small wine-glassful may be taken alone, or diluted with water, for colicky and flatulent complaints of the bowels, which it will often succeed in relieving, after tincture of rhubarb and other warm purgatives and cordials have failed.

An inferior tincture of senna, sweetened and coloured with treacle, is sold under the name of *Daffy's Elixir*.

No. 9. COMPOUND SPIRIT OF LAVENDER

Was first introduced into the practice of medicine under the name of Palsy Drops. It may be conveniently taken upon sugar, or in a glass of wine, from forty to eighty drops, in cases of langour, weaknes of the nerves, decay of age, lowness of spirits, and fainting fits. (See Nervous Mixture, No. 72.)

It is chiefly employed by apothecaries to cover the ill flavour of nauseous drugs, as well as to colour their medicines.

No. 10. MINDERERUS'S SPIRIT

Is an excellent sudorific and gentle aperient saline medicine, and taken to the extent of half an ounce, two or three times a day, in a glass of mint tea, produces a salutary determination to the skin, allays fever, and abates thirst; it is more safe but less certain in exciting perspiration than the antimonial preparations or Dover's sweating powder, which, however, on failing to operate in this respect, generally aggravate the febrile symptoms, while Mindererus's spirit cool the body, even when it does not succeed in its usual sudorific effects.

In acute rheumatism, twenty drops of antimoninal wine, No. 16, and ten of laudanum, No. 31, as recommended by Dr. Blane, may be added to the night dose with advantage; or if laudanum be objectionable, three tablespoonfuls of camphorated jalap may be employed in lieu of it and the mint tea. (See Sudorific Mixture, No. 63.)

It is not a spirituous liquor, as the title infers.

No. 11. PAREGORIC ELIXIR.

A tea-spoonful taken in a glass of water, three times a day, powerfully allays the tickling sensation in the windpipe, which provokes frequent coughing. In spasmodic asthma, and chronic difficulty of breathing, taken, (as frequently prescribed by the late Doctor Hugh Smith,) with the oxymel of squills, (See Asthmatic Mixture, No. 68,) it gives very considerable relief, by facilitating the expectoration of viscid phlegm, and allaying spasms of the lungs.

It should, however, be very cautiously administered in recent coughs, particularly if attended with fever, pains in the chest, and shortness of breath, symptoms indicating an inflammatory disposition, which the stimulating ingredients of the elixir, and constipating effects of the opium cannot fail to aggravate.

Half an ounce of this elixir contains a grain of opium.

Mr. James Parkinson, in his "*Medical Admonitions*," observes, that "most of the nostrums advertised as cough drops, &c. are preparations of opium, similar to the paregoric elixir of the shops, but disguised and rendered more deleterious by the addition of aromatic and heating gums." Those stimulating anodynes in the hands of ignorance are certainly often productive of irreparable mischief in affections of the lungs; and to their indiscrimi-

nate use may with great justice be ascribed the frequency of pulmonary consumptions in this island. *

No. 12. SPIRIT OF HARTSHORN,

From twenty to thirty drops, taken in a glass of water, often affords immediate relief in cases of lowness of spirits, fainting, and hysteric fits; it may likewise be rubbed on the temples, and applied to the nostrils. The same quantity of the compound spirit of lavender will render it more grateful to the palate, and acceptable to the stomach, and at the same time promote its cordial powers.

Equal parts of spirit of hartshorn and olive oil form an excellent stimulating external application for paralytic numbness, chronic rheumatism, diseased joints, and inflammatory sore throat. (See Volatile Liniment, No. 103.)

The spirit of hartshorn is frequently mixed with the water of ammonia, by unprincipled druggists, to increase

* It is a lamentable fact, that the majority of the consumptive patients admitted at the Phthisical Dispensary in Chancery-lane, were, at the time of their admission, taking these kind of medicines, which in many instances had aggravated the disease of the lungs, so as to destroy all hopes of recovery. Were those people who have, no doubt thoughtlessly, but very imprudently, lent the sanction of their names to quack medicines, aware of the infinite mischief such sanction produces, they would shudder at the facility with which they have been led to afford it. That person must be profoundly ignorant indeed to suppose that one medicine can be equally good for diseases different in their nature, their sources, and symptoms; even the same disease, in different stages, often requires opposite treatment.

its pungency, and to enable it to bear an addition of water. This fraud is detected by adding highly rectified spirit of wine to the suspected spirit; if no considerable coagulation ensue, the adulteration is proved. True spirit of hartshorn will likewise not effervesce with an acid.

No. 13. SP. SAL VOLATILE.

To be taken in the same manner, and for the same purposes as the spirit of hartshorn, than which it is more grateful on account of being impregnated with the flavour of the clove and lemon peel.—A tea-spoonful of this aromatic volatile spirit, with the same quantity of compound spirit of lavender, taken in a tea-cupful of horse-radish and mustard-seed tea, is an efficacious stimulating medicine in gouty affections of the stomach, paralytic numbness of the extremities, and obstinate flatulent complaints. (See Stimulating Mixture, No. 74.)

It will likewise prove a valuable addition to the tincture of the essential salt of bark, made with Sherry or Port wine, as directed, No. 24, in debility of the stomach and nervous system. (See Nervous Mixture, No. 72.)

Sp. Sal Volatile, or compound spirit of ammonia, as it is now more properly termed, should (if prepared according to the directions of the London College), be of a bright dark reddish colour, approaching to that of tincture of myrrh, and not pale, as generally sold: by these deviations from the formulæ of the College, the most serious consequences frequently occur in the practice of medicine.

The sp. sal volatile of the Edinburgh College, being impregnated with the properties of the rosemary, is a bet-

ter cephalic and nervous medicine than that of the London College; the dose is the same.

No. 14. VITRIOLIC ETHER.

A tea-spoonful in a glass of peppermint or pure water, often affords immediate relief in spasmodic colic, cramp of the stomach, and asthmatic, hysteric, and fainting fits.

A dessert spoonful in a wine-glass of camphorated julap, Dr. Lind, and other practitioners, have found an admirable remedy when the gout attacks the stomach. It often gives ease in the most violent head-ach, by being applied externally to the part, and relieves the tooth-ach, by being laid on the afflicted tooth and jaw by means of lint. In its external use it is capable of producing two very opposite effects, according to the mode of application; for if its evaporation be prevented by covering the place to which it is applied with the hand, it will so powerfully stimulate, as to excite a sensation of heat and great redness of the skin. On the contrary, if a part of the body exposed to the air be bathed with it, its rapid evaporation will produce an intense degree of cold, and in this manner it has proved more beneficial in acute pains, attended with increased heat of the part.

Ether should always be taken in a cold vehicle and swallowed as quickly as possible; and the bottle in which it is kept should be well corked, and inverted in water in a cold situation, to prevent its escape.—(See antispasmodic mixture, No. 70.)

The once celebrated anodyne liquor of Hoffman, and Clutton's febrifuge spirit, are a weak ether.

Good ether should not redden the colour of litmus, or produce a precipitation with a solution of barytes.

No. 15. SWEET SPIRIT OF NITRE

Allays fever, quenches thirst, promotes the natural secretions, moderately strengthens the stomach, and is said to resist putrefaction; hence it becomes a valuable medicine in fevers, both inflammatory and putrid. It may be given from twenty to thirty drops, in barley water, or with the Mindererus's spirit, No. 10. In cases of strangury or stoppage of urine, it may be given with advantage in a decoction of marshmallow root, or linseed tea, to which an ounce of castor oil may be added in case of costiveness. a tea-spoonful of a mixture of equal parts of sweet spirit of nitre, and sal volatile, taken in a mixture of the essential salt of bark, will increase the secretion of urine in dropsical complaints, and at the same time strengthen the constitution.

Sweet spirit of nitre, when properly made, should not effervesce with an alkali, or give a blue colour to tincture of guaiacum. By age and exposure to the air, it is so far decomposed as to possess very opposite properties.

No. 16. TARTARISED ANTIMONY WINE

Is more certain in its operation than the common antimonial wine, the strength of which cannot be depended on, however carefully prepared; it should therefore be always preferred. In inflammatory affections of the chest, and recent coughs from obstructed perspiration, administered in a mucilaginous vehicle, as directed by Dr. Blount, of Hertford, in the proportion of the cough mixture, No. 66, it much relieves respiration, promotes expectoration, and abates fever, by producing a determination to the skin; and in the Doctor's practice it proved

more successful in those cases than any other diaphoretic medicine.

For the purpose of exciting full vomiting, it should be given to the extent of a dessert spoonful; which, with its usual sudorific and aperient effects will often check the progress of inflammatory fever, particularly in its commencement.

In sciatica, and inflammatory rheumatism, antimonial wine, in the dose of thirty drops, with fifteen of laudanum, No. 31, in a glass of mint water, taken every night at bed-time, was a very favourite remedy with the late Dr. Fothergill, and certainly deserves the high commendation paid to it by that esteemed author.

Like all other antimonial preparations, it is too active a remedy to be indiscriminately prescribed in all fevers; for although it has, under proper management, been productive of much good; it has, on the other hand, as frequently done irreparable mischief, from being administered in low fevers, and putrid ulcerated sore throats, bringing on such great evacuations as to hurry the patients to their graves in a short time. In domestic medicine it should not therefore be employed in fevers of an ambiguous nature, without the sanction of an experienced medical practitioner. Mindererus's spirit, with sweet spirit of nitre and camphorated julap, will often answer as well as the antimonial preparations, in exciting perspiration, and may be employed with safety and effect in those autumnal inflammatory fevers, which frequently, and often suddenly, exhibit doubtful symptoms.

In obstinate eruptions of the skin, tartarised antimony wine, in small doses of eight or ten drops, three times a day, in a tea-cupful of the decoction of the inner bark of

the elm tree*, is a good alterative medicine, and often succeeds in obstinate leprous affections or scorbutic eruptions, after other alterative medicines have proved ineffectual.

Antimony and mercury form the basis of advertised remedies for diseases of the skin, although the contrary is positively asserted by the proprietors, not a little to the injury of those who are so imprudent as to take them, and neglect that attention to diet, &c. which, during the use of such medicines, is absolutely necessary. (See St. Anthony's Fire and Emetic Tartar.)

No. 17. TINCTURE OF MYRRH

Is chiefly employed in domestic medicine as a lotion for the teeth and gums, and in those constitutional caries, or decay of the teeth, which commence with black specks, or superficial holes in the enamel, it will frequently check their progress, but it can have little or no effect in removing tartareous encrustations. (See Carbonic Powder and Tooth-ach.)

Myrrh has been much esteemed as a warm strengthener of the stomach and bowels, and as such it is said to have proved serviceable in languid cases, and particularly those female disorders that proceed from languor or debility of the system. A tea-spoonful may be taken twice a day, in a glass of strong chamomile tea, cold; or, as recommended by Dr. Lind, with half a drachm of Peruvian bark powder in a glass of peppermint water: but the best method of administering myrrh in cases of green sickness, is in the form of pills, combined with steel, gentian and

* This decoction is made by boiling an ounce of the inner rind of the elm bark in a pint and half of water to a pint.

aloes, as the ecphratic pill of the Edinburgh Pharmacopœia, ten grains of which may be taken twice a day. (See Green Sickness.)

Both tincture of myrrh, and compound tincture of Benzoin, commonly called Friar's Balsam, are improper applications for recent cuts; the stimulating gums of which they are made exciting so much inflammation as to prevent the union of the sides of the wound, and consequently to occasion ulceration. (See Cuts and Bruises.)

In cases of putrid sore throat and the thrush, tincture of myrrh, with the diluted vitriolic acid, and an infusion of roses, form a good detergent gargle. (See Detergent Gargle, No. 95.)

No. 18. DILUTED VITRIOLIC ACID,

In the dose of twelve to twenty drops twice a day, in a wine glass of water, is a valuable medicine in weakness and relaxation of the stomach, and decay of constitution, particularly when induced by irregularities, and will often succeed after the Peruvian bark, and other tonic medicines have proved unavailing. It is likewise an excellent remedy for restraining the profuse nocturnal perspirations attendant on hectic fevers, and relaxed habits. (See indigestion.)

For redundancy of bile in the stomach and intestines, this medicine will chemically prove more serviceable than calomel, or the drastic purges commonly employed for its evacuation, and will, at the same time, tend to remove the cause, by strengthening the digestive organs, which these strong remedies are more calculated to impair. (See Bilious Affections.)

The diluted vitriolic acid, with an infusion of rose leaves, makes an excellent gargle for inflammation of the

throat, and relaxation of the soft palate. (See Acidulated Gargle, No. 93.)

This acid has the property of covering the bitter taste of the Peruvian bark and other drugs; and about fifteen drops added to a pint of the solution of Epsom salt, noticed No. 2, render it more agreeable to the palate, and at the same time promote its medicinal virtues.

It does not differ in its medicinal virtues to the acid elexir of vitriol.

No. 19. TINCTURE OF ASSAFOETIDA.

From thirty to fifty drops, in a glass of pennyroyal or peppermint water, for lowness of spirits, hysteric, (see Antihysteric Mixture, No. 65), and fainting fits; different kinds of nervous complaints, spasmodic colic, (see Antispasmodic Mixture, No. 70), and asthma, (see Asthmatic Mixture, No. 68.) The addition of ten drops of sal volatile to each dose will render it more pleasant to the palate, and at the same time coincide with its virtues.

A mixture of one third of tincture of assafœtida, and two of paregoric elixir, taken in the dose of a tea-spoonful, has proved particularly serviceable in relieving asthma, by expelling wind, promoting expectoration, and allaying irritation, (See Asthma.) In the hooping-cough and croup it will prove equally beneficial, in doses proportioned to the age of the patient, viz. To a child of two years old, six drops, increasing two drops for every year. Both Dr. Cullen and Dr. Miller speak highly of the expectorant properties of assafœtida in spasmodic asthma, difficulty of breathing, hooping-cough, and croup. (See Hooping-cough.)

No. 20. VOLATILE TINCTURE OF GUAIACUM,

In chronic rheumatism, gout of the stomach, and pa-

ralytic numbness, a dessert-spoonful, taken morning and evening, will prove the most efficacious stimulating medicine that can be employed. It may be taken with the camphorated julap, as recommended for the anti-rheumatic mixture; or if attended with much debility of the system, the bark mixture, (See No. 24,) may be substituted. The part affected with rheumatism or palsy should be well rubbed with volatile liniment, or electrified, and kept warm with flannel rollers. When rheumatism is attended with fever, guaiacum, from its stimulating property, will be hurtful. (See acute Rheumatism.)

No. 21. SALT OF WORMWOOD

Is chiefly used for making the saline mixture with the lemon juice. (See No. 78.) It is often prescribed in doses of six or ten grains, dissolved in mint-water, for correcting acidity in the stomach, and for suppression of urine. The alkaline mephitic water is made by dissolving two ounces and a half of salt of wormwood, in five quarts of distilled water, and afterwards saturating it with fixed air, by Nooth's or Parker's apparatus. This water, to the extent of half a pint, two or three times a day, is much recommended by many eminent physicians and surgeons as a remedy for stone in the bladder and gravel, and is no doubt well worthy of trial. If this quantity should prove too cold, or produce unpleasant distention of the stomach from the disengagement of fixed air, two tea-spoonfuls of spirit of juniper, commonly called Hollands, or any other spirituous liquor, may be taken with it: or if it should nauseate the stomach, a tea-spoonful of paregoric elixir may be substituted for spirit of juniper, or taken a quarter of an hour before it. The aerated soda water being more pleasant to the palate, and in calculous

complaints probably more efficacious, is now more generally employed. (See prepared Natron, No. 60.)

A solution of salt of wormwood in peppermint-water, in the proportion of two drachms of the former to two ounces of the latter, was much recommended by Dr. Rosentein as a remedy for rickets, in the dose of twenty or twenty-five drops twice a day to a child of four years old to eight, in a little milk or whey. In the same manner it has been exceedingly beneficial in convulsive fits of infants, as appears by several late communications in the monthly medical works by practitioners of celebrity; its salutary effects in such cases probably arise from its obviating that acidifying process in the stomach, and accumulation of slime in the bowels, which certainly give rise to many of the most obstinate complaints of children. (See Rickets.)

Salt of wormwood is a powerful agent in counteracting the fatal effects of mineral poisons taken into the stomach. (See treatment of mineral poisons.)

The aerated or super-carbonated kali,* is a very great improvement on the salt of wormwood, for the purpose of making the effervescing saline draught, (see Crystallised Acid of Lemon) or destroying the acidity of malt liquor.

No. 22. CRYSTALLISED ACID OF LEMON.

This preparation affords a good substitute for the juice of the lemon when it cannot be obtained fresh, which often happens in this country. A drachm of this acid is equivalent to an ounce and a half of the recent juice. Equal quantities of the crystallised acid of lemon and salt of wormwood, about a drachm of each, dissolved in half

* Salt of wormwood, salt of tartar, and prepared kali, are synonymous terms.

a pint of water, with six drops of essence of peppermint, and a little sugar, readily make the saline mixture, so much extolled in inflammatory fevers. (See Saline Mixture, No. 67.) Where the skin is parched with great increased heat, this mixture generally operates as a gentle sudorific; cools the body, allays thirst, increases the secretion of urine, and operates slightly on the bowels; but to obtain these effects, it should be given in much greater quantities than usually prescribed, and instead of a medicine, should be used, as directed by Dr. Latham, more as the common beverage, to the extent of a quart in a day. The saline mixture, both in putrid and inflammatory fevers, succeeds better when given in the act of effervescence, which is done by dissolving a scruple of salt of wormwood in an ounce of mintwater, and mixing with it, at the moment of taking, a table-spoonful of lemon juice, sweetened with sugar, or a scruple of the crystallised acid of lemon, previously dissolved in an ounce of common water; the effervescence, with the lemon juice, being more gradual, answers in this case much better than the salt, the fixed air in the latter being disengaged too suddenly for any portion to be swallowed, through being deprived of its mucilage in the process of crystallization of the acid; but when the recent juice cannot be readily procured, this inconvenience may be obviated, by dissolving with the acid five or six grains of powdered gum arabic: or the effervescence may be made to take place in the stomach, by first taking the solution of the salt of wormwood, and afterwards the lemon juice, or solution of the crystallised acid, in the above proportions; in either way a much less quantity is necessary than of the saline mixture. The effervescence with the aerated or supercarbonated kali being considerably greater than with common

salt of wormwood, it should, in all cases of fever, be preferred.

The saline draught, in a state of effervescence, is a good preventive medicine against the infection of contagious fevers, and may be employed as an auxiliary to the nitrous fumigation. (See the Means of destroying contagious Effluvia in the Appendix.)

The crystallised acid of the tartar of wine* is, perhaps, for medicinal purposes, superior to the crystallised acid of lemon, which is scarcely to be obtained entirely free from a portion of sulphuric acid. Many physicians have, on this account, lately preferred it even to the recent juice of the lemon, for making the saline mixture. It is of the same strength as the crystallised acid of lemon, and may be used in the same manner. A solution of this acid in water, in the proportion of an ounce to a pint, is equal, in strength, to lemon juice, and not inferior in flavour, and for the purpose of acidulating punch more wholesome. With the addition of a little Madeira wine, it is sold at an extravagant price, under the title of a "*Vegetable Acid*" for making the saline draught, punch, &c.

White sugar, perfumed with the essence of lemon, is sold at a shameful high price, under the name of *Sugar of Lemon*, as a necessary article to accompany the use of the acid of lemon, in making the saline draughts, punch, &c. Such a paltry mixture would have better become a confectioner, than one who has styled himself a chemist.

No. 23. IPECACUAN POWDER

Is a mild and very safe emetic, having the peculiar ad-

* Also named essential salt of tartar, or purified acid of the grape.

vantage of passing off by stool and perspiration when it fails to operate by vomiting, without distressing the patient. It is, therefore, deservedly employed in almost every disease, in which full vomiting is required; in doses of one scruple to twenty-five grains, mixed with a little water, or, as advised by Sir John Pringle, Stoll, and Zinnerman, with the emetic tartar, in the proportion of the emetic powder, No. 88.

In small doses of one to three grains, it furnishes the most useful, active, and, at the same time, innocent sweating medicine* we possess; (see Sudorific Mixture, No. 63) and proves highly serviceable, combined with a quarter of a grain of opium, or five drops of laudanum, every two or three hours, in dysentery, obstinate purgings, habitual asthmatic indisposition, and hooping-cough. The dose of twenty-five grains, with a tea-spoonful of tincture of assafœtida in a little peppermint water, has proved extremely serviceable during the paroxysm of spasmodic asthma.

Ipecacuan powder in the dose of five grains twice a day, has been found very efficacious in spitting of blood and excessive flooding, by Dr. Stoll, of Vienna; which ample experience in this country has confirmed. In the smaller doses of one or two grains every four hours, it produces a considerable determination to the skin, and pro-

* The celebrated sweating powder of Dr. Dover is composed of one part of ipecacuan powder, one of opium powder, and eight of vitriolated kali, commonly called sal polychrest. From ten to twenty grains may be taken in any convenient vehicle in rheumatic affections. The patient should lie between the blankets in a flannel shirt, and take, as soon as he begins to perspire, some warm liquid in small portions, frequently, such as thin gruel, bohea tea, or weak white wine whey.

motes expectoration; hence it is a most valuable medicine in pleurisy, inflammatory affections of the lungs, recent coughs from obstructed perspiration, and the first stages of pulmonary consumption. (See Cough Mixture, No. 66.)

It has likewise the property of diminishing the soporific effects of opium or any of the vegetable poisons, and hence will prove a powerful auxiliary to the emetic tartar, (see Emetic Powder, No. 88,) for the purpose of exciting vomiting, in cases of too great a quantity of those poisons being taken into the stomach. (See Treatment of Poisons.)

No. 24. ESSENTIAL SALT OF BARK

Contains, in a concentrated state, the volatile and active properties of the Peruvian bark, in a high degree of perfection, and answers every purpose of the powder, without producing the ill effects of nausea, vomiting, and purging, so much to be dreaded in cases of extreme debility of the system, as low fevers, putrid sore throat, mortifications and agues, in which no other preparation of this valuable medicine affords a proper substitute for the powder.

Ten grains of the essential salt are equal to a drachm of the bark in substance; much more pleasant to the palate, and agreeable to the stomach, and may with equal advantage be employed where the use of a tonic is indicated. In intermittent and remittent fevers, ten grains may be taken every two hours, either in the form of pills or dissolved in an ounce of camphorated julap; as recommended for the camphorated bark mixture, No. 67, but for low fevers, putrid sore throat, and mortifications, red Port wine is a better vehicle; with which, in the proportion of three drachms to a quart, it makes an elegant tincture, possessing all the active properties of the Peruvian bark,

and at the same time free from the pernicious effects of the ardent spirit of wine, with which the different simple and compound tinctures are made.

The Peruvian bark, as a strengthening medicine, has been more extensively and successfully employed than any other article in the Materia Medica. It is considered the only safe remedy for intermittent and remittent fevers and mortifications; nor is it less esteemed in diseases arising from, or inducing debility; as the convalescent state after all fevers, scurvy, dropsy, scrophula, rickets, nervous irritability, periodical head-achs, hysteric fits, &c.

This valuable preparation of the Peruvian bark was first made in France, by the Count de Garraye, and prescribed in this country by Dr. James Carmichael Smyth, who, from repeated trials, now gives it a decided preference.

The first public account of its advantages over the other preparations of the bark, together with the process of making it, was communicated to me by Dr. James Carmichael Smyth, with whose consent I published them in the Physical and Medical Journal, since which it has been very extensively employed, with success, in cases of extreme debility of the system, after the bark in substance had been either rejected by the stomach or had produced laxative effects on the bowels. Since the publication of the last edition of this work, I have been favoured with very flattering accounts of the efficacy of this preparation from the most eminent physicians in this kingdom. Dr. Cheston, of Gloucester, states that he has found it succeed in many instances, after the bark in every other form had disagreed with the patients. Dr. Garthshore, Dr. Blackburne, Dr. Wilson, Dr. Harvey, Dr. Bradley, Dr. Blount, of Hereford; Dr. Ward, of Leicester; have

also expressed their approbation of it. Apothecaries and druggists in the country, unacquainted with the preparation, or some perhaps from sordid motives, have substituted for it the common extract, which is a different article, and does not contain the resinous and volatile parts of the bark.

No. 25. SALT OF STEEL.

This preparation of iron has been long held in high estimation as a great strengthener of the stomach and bowels, and, at the same time, by increasing the red globules of the blood, a most valuable remedy in dropsical complaints, green sickness, and other diseases of debility, attended with poverty of blood.

From its poisonous effects on white blooded animals, it proves a very powerful and safe vermifuge, taken in the dose of five grains, (dissolved in a glass of water) when the stomach is most empty.

Iron has lately been recommended by Mr. Carmichael, a surgeon of great respectability, as a remedy for cancer. The principle on which it is supposed to act, and the method of application, will be noticed in the Second Part, under the head of the treatment of that disease.

The salt of steel readily dissolves in water, and in the proportion of a grain to a pint, affords a good substitute for the natural chalybeate waters. (See Epsom salt, No. 2.) Twenty grains dissolved in a quart of sherry wine, make a very excellent chalybeate wine, of which a small wineglass full may be taken two or three times a day.

In cases of green sickness and irregularity of the menstrual evacuation, it is customary to combine it with aperient and bitter medicines, as the ecphratic pill; the

particulars of which are given under the head of Treatment of Chlorosis, or Green Sickness.

In cases of dropsy, whites, gleet, and debility of the nervous system, it may be advantageously combined with the Peruvian bark in the following proportion:—

Take of salt of steel ten grains—essential salt of bark one drachm—with balsam of Peru; make into twenty pills—two to be taken twice a day.

When the pulse is quick, or the countenance florid, steel is not proper, even in retention of the menses.

No. 26. POWDER OF RHUBARB

Is a mild and excellent aperient medicine, operating without violence or irritation, and may therefore be given with safety to pregnant women and children; besides its purgative quality, it is celebrated for an astringency, which strengthens the tone of the stomach and intestines, and hence proves useful in disorders arising from laxity of the fibres. The purgative dose is from one to two scruples in a little peppermint water, to which ten grains of calcined magnesia may be added, as prescribed by Dr. Hartmann, when an acidity prevails in the stomach.

A powder composed of two parts of rhubarb, one of calomel, and a little ginger powder, is an efficacious remedy for worms, and a good purge for dropsical and bilious complaints, or when the bowels are obstructed with slime; half a drachm may be taken in any thick vehicle, to prevent the deposition of the calomel, or in form of pills, as the bilious pills, No. 83.

A mixture of fifteen grains of rhubarb, a scruple of calcined magnesia, a drachm of white syrup of poppies, and two ounces of dill water, in the dose of a tea-spoonful.

will prove highly serviceable in removing many disorders children are subject to, from a redundancy of acidity in the stomach and intestines, and more safe and efficacious than the advertised carminatives, which, from their constipating effects, not unfrequently occasion fatal inflammation of the bowels of infants.

The laxative effects of rhubarb are increased by a small addition of cream of tartar or sal polychrest, which, in small doses, was a very favourite stomachic medicine with the late Dr. Hugh Smyth and Dr. Warren.

The purgative property of rhubarb is destroyed by roasting, nor is its astringency increased by it, as is generally imagined.

The Russian rhubarb is evidently very superior to that imported from the East Indies, both as a stomachic and aperient; it is generally sold under the title of Turkey Rhubarb.

No. 27. POWDER OF JALAP,

In the dose of twenty to twenty-five grains, with two of ginger; or twenty grains, mixed with two drachms of compound tincture of senna, and an ounce of mintwater, is a very pleasant, safe, and effectual purgative medicine; and generally performs its office without occasioning nausea or much griping. In cases of dropsy, five grains of calomel, to fifteen or twenty grains of jalap, with two or three drops of essence of peppermint, will prove very beneficial both as a purgative and diuretic. This medicine should be repeated three times a week, and the tonic mixture, No. 77, taken in the intermediate time.

For delicate constitutions, half the dose of the powder of jalap, and as much powder of rhubarb, with three drops of essence of mint, are preferable to jalap alone.

The operation of jalap and rhubarb may be promoted by taking after them a weak solution of the neutral purgative salts. (See No. 2.)

In hypochondriacal patients jalap produces severe griping pains, but seldom acts as a purgative; and on the bowels of quadrupeds, even in the dose of an ounce, it evinces no sensible effect whatever.

No. 28. CAMPHOR

Is very generally employed in fevers, both of the inflammatory and malignant kind; in spasmodic affections, morbid irritability of the nervous system, and often in fluxes.

The common and best method of exhibiting camphor, is in the form of julap made by means of gum arabic and sugar, as the following:

Camphorated Julap.

Take of camphor twenty grains, spirit of wine twenty drops, white sugar and gum arabic, of each two drachms. Rub the camphor first with the spirit of wine, then with the sugar, and when reduced to a fine powder, add the gum arabic powder, and when well mixed, pour on them, by degrees, a pint of boiling water, continuing the rubbing; then cover it over, and when cold, strain it through fine linen.

A mixture of six ounces of this julap, and two ounces of Mindererus's spirit, taken in the dose of three tablespoonfuls every three or four hours, is a safe and good sudorific medicine in inflammatory and frebrile affections. In fevers, strictly inflammatory, it may be given with the tartarised antimony wine, No. 16. In putrid fever, malignant sore throat, and mortifications, it affords

a very excellent vehicle for the exhibition of Peruvian bark. (See Essential Salt of Bark, No. 24, and Mixture, No. 67.) In strangury, three table-spoonfuls of a mixture of camphorated julap, half a drachm of purified nitre, and two drachms of gum arabic, repeated every three hours, will prove of great service.

In rheumatism, gout, and paralytic affections, a mixture of six ounces of camphorated julap, one ounce of volatile tincture of guaiacum, and two drachms of honey, will form an excellent stimulating medicine. The tincture should be first rubbed with the honey, and the camphorated julap afterwards added by degrees. Three table-spoonfuls of this mixture may be taken every three or four hours. (See Anti-rheumatic Mixture, No. 71.)

In cases of increased irritability of the nervous system, six ounces of camphorated julap, with one ounce of tincture of castor, two drachms of sal volatile, and two of spirit of lavender, may be taken with great advantage, in the dose of two table-spoonfuls every four hours. (See Nervous Mixture, No. 72.)

In cases of hooping-cough, chronic difficulty of breathing; and asthma, this julap, with oxymel of squills, assafœtida, and ether in the following proportions, is a powerful remedy when unattended with any febrile symptoms. Take of camphorated julap six ounces; tincture of assafœtida one ounce, oxymel of squills, of each half an ounce; vitriolic ether three drachms; two table-spoonfuls to be taken every four hours. Camphor thus combined with assafœtida and ether, is much recommended by Dr. Hartmann as an excellent medicine for asthma, or difficulty of breathing. (See Asthmatic Mixture, No. 68.)

In acute fever, with determination of blood to the head or lungs, camphor is a very doubtful remedy, and

when it fails in such cases to excite perspiration, generally increases the fever.

In maniacal cases and delirium, attendant on low fever, camphorated julap, in the dose of three table-spoonfuls, will often succeed in procuring sleep after laudanum had failed: in the same manner, repeated every four hours, it proves serviceable in eruptive fevers, and produces a return of receded small-pox or measles.

One drachm of camphor, dissolved in two ounces of rectified spirit of wine, and two drachms of spirit of turpentine, form an excellent stimulating liniment for rheumatic and paralytic pains or numbness.

No. 29. COMPOUND CRETACEOUS POWDER

Is a very useful medicine in correcting acidity, and strengthening the stomach and bowels, and hence has been found particularly serviceable in restraining diarrhœa or looseness arising from acidity or laxity. Twenty grains may be taken in a glass of water, with three drops of the essence of cinnamon, or in a mixture, as the following:

Take of the compound cretaceous powder two drachms, gum arabic three drachms, pure water half a pint, essence of cinnamon thirty drops: rub the powder with the gum arabic, and then add, by degrees, the water and essence. Three table-spoonfuls should be taken every three hours, or after every loose motion. If the purging should be violent, or attended with much pain in the bowels, six or eight drops of laudanum may be added to every or every other dose; and two grains of ipecacuan powder, if the stools should be attended with much mucus, or streaked with blood. (See Cretaceous Mixture, No. 64.)

An emetic of ipecacuan, No. 23, or a dose of rhubarb, No. 26, should precede the use of astringent medicines, in cases of diarrhœa or looseness, particularly when they arise from acrid humours in the stomach and intestines.

The critical purgings of fevers should not be suddenly checked, unless the necessity of it be indicated by the reduced state of the patient. (See Diarrhœa.)

This cretaceous powder, for correcting acidity in the stomach, answers as well as magnesia; they, however, differ essentially in their operation after their union with an acid, the latter acting as a purge, and the former rendering the body costive, or restraining purgings; hence when acidity is attended with costiveness, magnesia should be preferred, and when with a contrary state of bowels, the cretaceous mixture. In some cases they may be advantageously combined, (See Magnesia.) The cretaceous powder is very similar to gascoign balls, the salutary effects of which depend on their absorbent property.

No. 30. EXTRACT OF LEAD,

In the proportion of ten drops to half a pint of pure water with half a drachm of laudanum, makes a good discutient lotion for inflammatory affection of the eyes; but for bruises, slight burns, scalds, excoriations, and inflammations in other parts of the body, treble the quantity of the extract may be employed, and three drachms of rectified spirit of wine or three ounces of white-wine vinegar, substituted for the laudanum.

This extract is solely used externally, and as colicky and paralytic affections frequently arise from a portion of the lead being taken up into the system, by the absorbent vessels of the skin, its application to a large surface

of the body, or continuance many days are equally improper. In such cases, white-wine vinegar, diluted with the same quantity of water, it has been supposed, will answer all the good purposes of the extract of lead, without producing any of its ill effects, and therefore in domestic medicine should be preferred, particularly when the inflammation is extensive. Such lotions probably prove serviceable as *cold* applications, and as lead tends much to diminish arterial action, a slight impregnation of it must prove a valuable auxiliary. When there is a tendency to gangrene, it must, on the same principle, be very injurious.

Dr. Aikin, Percival, and Sir G. Baker, notice the disagreeable symptoms produced by an absorption of lead into the system. The last-mentioned author relates that twelve infants died at Dartmouth in convulsions, occasioned by an ointment made of Goulard's extract, applied to the nipples of their nurses, sold by a woman famous for her skill in the treatment of sore nipples; and it is to be feared those accidents frequently occur from the use of the advertised nipple ointment, the basis of which is lead.* For the means of counteracting the effects of

* A child having died rather suddenly of convulsions in January, 1803, and understanding the mother had applied a favourite ointment of the nurses to disperse an inflammatory tumour in the breast, I was induced to examine the ointment, and question the nurse respecting it. She declared it was perfectly innocent, that it did not contain a particle of lead, but that it was made of lytharge of gold, vinegar and spermaceti ointment, which form the most poisonous preparations of lead that can be made, and which I have no doubt proved fatal to the child. The dusting of children with white lead, or ceruse powder, is also a dangerous practice, and no doubt often the cause of convulsive fits and cholicky pains in the bowels.

lead taken into the stomach, see Treatment of Mineral Poisons.

No. 31. LIQUID LAUDANUM.

From twelve to thirty drops may be taken in any convenient vehicle, and increased or diminished in proportion to the degree of pain and intervals of repetition. When judiciously administered, this is, no doubt, the most valuable medicine in the Materia Medica; and in certain stages, and with certain combinations, is advantageously employed in almost every disease incident to the human frame. It has the wonderful properties of mitigating pain, inducing sleep, allaying inordinate action, and diminishing morbid irritability; hence it becomes an invaluable remedy in obviating symptomatic fevers attendant on fractures and other accidents. In spasmodic colic, it will often prevent inflammation of the bowels; and in all spasmodic affections it is more or less employed. In incurable diseases, where the sufferings of the patient are most excruciating, as in cancer, diseased joints, &c. it alleviates his miseries, and renders life tolerable.

If the moderate dose of ten or twelve drops of liquid laudanum, which in domestic medicine should always be begun with, do not answer, they must be repeated and increased till the desired effect is obtained; and in this manner the dose of this drug may be pushed with safety to a very great length; but this advice should only be followed in cases of accident and chronic diseases, where there is considerable local irritation to overcome. When it disagrees in the ordinary quantity, it may often be given with much advantage in doses of five drops every hour till the proper effect be produced. When the exhibition of laudanum is deemed necessary by way of lave-

ment, in cases of obstinate purging, pain in the bladder or womb, spasms in the bowels, &c. the proportion should be more than double the quantity given by the mouth. In the violent purgings and fever, so often attending difficult dentition of children, laudanum, in the dose of one or two drops about twice a day, is a very important remedy; and as children are more or less affected at such times with acidity in the stomach, it would always be adviseable to administer it with a little magnesia, as the Absorbent Mixture, No. 73. In cases of costiveness, enlarged bowels, and ricketty disposition, it is inadmissible.

To counteract the effects of too large a dose of laudanum, coffee has been found to answer best as a diluter, and ipecacuan powder as an emetic; and when the quantity taken is so great as to render vomiting necessary, the ipecacuan should be administered to the extent of two scruples, with half an ounce of tartarised antimony wine. The vegetable acids are likewise much recommended as powerful correctors of its narcotic effect, and will prove an useful auxiliary to the emetic. Lemon juice, and vinegar, for this purpose, are equally efficacious in the extent of a wine-glassful. (See the treatment of Vegetable Poisons.)

An acetous tincture of opium, sold under the name of the Black Drop, has lately been preferred to the liquid laudanum by many physicians of character, on account of its not producing the affections of the head and febrile irritation in the system, which sometimes follow the exhibition of laudanum. It is likewise said to be more certain in producing sleep.*

* The author has certainly found this preparation in several instances of nervous irritation, gout, and spasmodic cough, succeed, after the liquid laudanum could not be persevered in,

For slight inflammation of the eyes, two drops of laudanum, dropped in the affected eye or eyes twice a day, will often succeed in dispersing the inflammation much sooner than the saturnine lotions. Some practitioners prefer a vinous or watery solution of opium for this purpose; but the small quantity of spirit in the laudanum is more serviceable than otherwise.

No. 32. ESSENCE OF PEPPERMINT,

By means of a little white sugar, readily mixes with water, and, in the proportion of thirty drops to a pint, makes a pleasanter and better simple water than that distilled from the recent herb; which, from not retaining its flavour in perfection long, is seldom to be procured good in the winter season. The spirituous peppermint-water may be made, by employing brandy in lieu of water, which will prove less pernicious to the organs of digestion than that sold under the name of peppermint cordial, made with spirit of wine. Essence of peppermint is chiefly employed to correct the griping quality of purgatives, and render nauseous medicines more palatable and pleasant to the stomach. It is, however, often taken alone on sugar, or in a little brandy or water, for flatulence, colicky pains in the stomach and intestines, and fits of spasmodic asthma, in which it generally affords speedy but temporary relief. (See Colic.)

No. 33. ESSENCE OF CINNAMON

Is recommended for making the spirituous and simple

on account of distressing head-ache, and derangement of the stomach and nervous system, which uniformly followed its use.

cinnamon-water in the same manner as the foregoing, to which a little sugar is usually added. Water thus impregnated with the essential oil of the cinnamon, affords a pleasant and useful vehicle for the compound cretaceous powder. (See Cretaceous Mixture, No. 64.) In cases of violent purgings, or habitual looseness, arising from acidity, a dose of rhubarb powder, with magnesia, or an emetic of ipecacuan, should always precede the exhibition of astringent medicine in such case. (See Diarrhœa.)

No. 34. PREPARED CALOMEL

Is the mildest preparation of mercury we possess. In domestic practice it is principally employed as a worm medicine, and is unquestionably the most efficacious remedy that can be made use of for the destruction of every species of worms lodged in the alimentary canal. Its operation as a vermifuge is rendered more certain by the addition of scammony, as the basilic powder, (see No. 36.) For those complaints of the stomach and bowels, which are generally attributed to a redundancy of bile, but in fact arise from a deficiency of that secretion, in consequence of an indolent state of the liver, three or four grains may be taken every other morning, with ten grains of rhubarb, and three of Jamaica ginger powder in the form of pills, with great advantage. (See Bilious Affections and Indigestion.)

In those cutaneous affections, generally termed scorbutic and chronic inflammation of the edges of the eyelids, half a grain of calomel, taken twice a day, with six drops of the antimonial wine, No. 16, will prove a good alterative medicine: a dose of rhubarb should be occasionally intervened, to prevent salivation, and its use discontinued as soon as the mouth is rendered tender by it.

In diseases of children, as rickets and convulsions, which frequently arise from an accumulation of slime in the intestines, and obstructions in the mesenteric glands, this medicine, given in doses proportioned to the age of the child, with a little magnesia, will often be attended with the most salutary effects. Dr. Denman, Dr. Clarke, and Dr. Heighton, often prescribe it in the dose of six grains for a child of two years old; and experience has proved that children bear the operation of a large dose as well as an adult: but in domestic medicine the dose for a child of one year old should not exceed two grains, increasing one grain for every year to the age of five. Sugar so frequently employed for the exhibition of this medicine to children is a bad vehicle, on account of it turning sour in the stomach, and thus considerably increasing its acrimony.

Calomel, although neither diuretic nor sudorific, never fails to increase the operation of such medicine when given in conjunction with them; hence it is very common to prescribe it, with the antimonial powder, in fevers attended with great thirst and dryness of the skin, to excite perspiration; and with turpentine and squill-powder, to increase the secretion of urine.

In obstructions and chronic inflammation of the viscera, particularly the liver, calomel, judiciously administered, has a very salutary effect; for this purpose it should be given in a small dose of one grain (formed into a pill, with conserve of roses) twice a day, so that it may enter the system: if this dose should disturb the bowels, half a grain of opium, or five grains of the opiate confection, should be added to each dose. Much vegetable food, and particularly acids, should be avoided during the use of mercurial medicines.

Calomel is sometimes adulterated with prepared chalk,

which may be discovered by pouring on a small quantity of the suspected calomel a little diluted vitriolic acid; if an effervescence ensue, the adulteration is proved.

No. 35. EMETIC TARTAR.

From one to three grains, dissolved in warm water, and given alone as an emetic; or from half a grain to a grain, with fifteen or twenty grains of ipecacuan powder (see Emetic Powder, No. 88,) on the first attack of hooping-cough, small-pox, measles, inflammatory fevers, foulness of the stomach, dropsical complaints, diseases of the lungs, as asthma and dyspnœa, and all cases, where speedy and full vomiting is required. In fevers, attended with great prostration of strength or diarrhœa, ipecacuan, as operating less on the bowels, should be preferred.

As patients are differently affected by this medicine, the safest method of exhibiting it is by dissolving three grains in two ounces of warm water, and giving two table-spoonfuls of the clear solution every half hour, till it vomits. For children, emetic tartar is not so safe an emetic as ipecacuan powder; when great debility of the system is present, even a small dose has been known to prove fatal; in domestic medicine it should not, therefore, be given to children, particularly as ipecacuan will answer the same purpose.

Emetic tartar, in small doses, combined with calomel, as in the following proportions, has been found a powerful, yet safe alterative medicine in obstinate eruptions or foulness of the skin. Take of emetic tartar four grains, calomel sixteen grains; mix them well together; and with a little soft bread, form twenty-four pills, of which one is to be taken every morning and evening, with a draught

of sassafras tea, or decoction of elm bark. (See Calomel and Eruptions of the Skin.)

To excite vomiting after a large dose of a vegetable poison, emetic tartar, in the dose of four grains, dissolved in a little water, will often answer better than ipecacuan, on account of its operating more speedily; but in cases of mineral poisons, ipecacuan, in the doses of two scruples to a drachm is to be preferred, as the alkaline medicines administered to decompose the mineral poison, would have the same effect on the emetic tartar, and thus render it inert. (See Treatment of Poisons.)

The observations on the use of antimonial wine (see No. 16.) are equally applicable to emetic tartar, of which the tartarised antimony wine is only a solution in white wine.

No. 36. BASILIC POWDER

Is a medicine of great ancient repute, as a remedy for every species of worms lodged in the alimentary canal, and is without doubt the most powerful and safe vermifuge we are acquainted with. It may be given to children of all ages, in a little honey or currant jelly, every second or third morning for a fortnight, in the doses of three grains to a child of one year old, increasing one grain for every year, to the age of twenty. The tonic mixture, No. 77, should be taken in the intermediate time, and continued some time after the evacuation of the worms. This is a very favourite remedy with Dr. Cam, an able physician in Hereford, who frequently prescribes it for children to empty the bowels of slime and crudities, and at the same time as a good security against worms and their effects, which so frequently produce the most alarming and even fatal disorders that assail chil-

dren. It is likewise an excellent purge for children after the measles and other eruptive fevers that require the use of aperient medicines, and for ricketty children with enlarged bowels.

The basilic powder is likewise a good purgative medicine in dropsical cases, and will answer much better than large doses of cream of tartar, or any other purgative medicine, when a considerable discharge is required from the system. (See Pills, No. 80, and Dropsy.)

The nostrums advertised as remedies for worms are composed of mercury: those made up in the form of lozenges with sugar, and in ginger-bread nuts, by becoming acescent from being kept long, or in a damp place, so increase the acrimony of the mercury as to render it a powerful poison: a case of the sudden death of a child, in consequence of taking a medicine of this kind, was lately published by the coroner of Leeds, as a caution against its use. It is much to be lamented, that the first characters in this country should be so imprudent as to sanction a practice by which many of the human race are annually destroyed. The person who suffers his name to appear in the public prints in the support of such a traffic, one would suppose must be either very thoughtless or of weak intellect.

No. 37. ANTIMONIAL FEBRIFUGE POWDER.

This medicine has long been sold under the name of Dr. James's Fever Powders. The best method of administering it is in form of pills, as recommended by Dr. Blane, by making a drachm into twelve pills, with a little conserve of roses or hips, and giving one every four or five hours, till it excites perspiration in inflammatory fevers, rheumatism, and recent coughs. Dr. Monro very

judiciously cautions practitioners against its indiscriminate use in every species of fever. " I have known," says the learned doctor, " several instances where it has been given in putrid ulcerated sore throats and in low fevers, and it has brought on such a purging as to hurry the patients to their graves in a short time." (See Tartarised Antimony Wine, No. 16.)

No. 38. CAMPHORATED ACETIC ACID.

The acetic acid has a great and rapid action on contagious effluvia; its penetrating exhalation, changes not only the state of the surrounding atmosphere, but also rouses the vital powers to a degree of energy capable of resisting infection; for this purpose it will prove more efficacious than the once celebrated thieves' vinegar; and for fumigating small rooms or wards, will answer as well as the nitrous and muriatic vapours recommended by Dr. Carmichael Smyth, Mr. Cruickshanks, and, on the Continent, by Citizen Morveau, as noticed in the Appendix.

It is generally used by smelling a sponge moistened with it in a wide-mouth bottle or gold case; but to purify the air of infected rooms, it should be diffused through its atmosphere by evaporating on a saucer previously made warm, or by holding it over the blaze of a candle.

For the purpose of smelling, in cases of head-ach, and in the contaminated air of jails, hospitals, crowded rooms, &c. this acid is preferable to the strong smelling salts, which have no effect in destroying putrid effluvia, but by much use considerably injure the sense of smell, and may, in head-achs arising from a determination of blood to the brain, be productive of serious consequences; while the acetic acid from its astringency may be of service. (See Smelling Salts, No. 39.)

This acid, impregnated with the essential oils of cloves

and lemon peel has been sold under the title of *Aromatic Spirit of Vinegar*, an addition which by no means improves its antiseptic powers; and the oils, by turning rancid, render it unfit for keeping in warm climates, and in a great measure destroy its most active parts.

No. 39. VOLATILE SMELLING SALTS,

From their great pungency, should not be used on all occasions, and particularly for head-achs attended with fever or plenitude of the vessels of the brain; besides, such powerful stimulants, by frequent use, so injure the olfactory nerves, as often to impair the sense of smell. They should therefore only be employed in cases of apparent suspension of the vital functions, as fainting and hysteric fits; and on the appearance of returning life in cases of drowning, hanging, &c. (See Suspended Animation.) The camphorated acetic acid, for the purpose of smelling in crowded rooms, or slight head-ach, is far preferable.

No. 40. BLISTERING PLASTER.

If much heat be employed in spreading this plaster, the stimulating properties of the ingredients will be destroyed: it should be only warmed at a distance from the fire, till it is sufficiently soft to spread with the spatula, or end of the thumb.

When the speedy operation of a blister is required, the part on which it is to be applied should be previously rubbed with an onion, or the camphorated acetic acid. A little camphor scraped over the surface of the blister will often prevent strangury.

The discharge and inflammation produced by blisters

are extremely serviceable in internal and deep-seated inflammations, rheumatism, apoplexy, palsy, and almost all affections of the brain, and diseases of the joints.

No. 41. SPERMACETI OINTMENT,

Spread on lint, is an useful dressing for the purpose of healing blisters, but when the discharge is deemed necessary, the savin ointment, No. 44, should be used. It is likewise useful for softening the skin, and healing chaps. This ointment, coloured with alkanet root, is the common lip salve.

No. 42. BROWN CERATE,

Being first recommended by Dr. Turner, has been usually distinguished by his name. It is a good application for superficial ulcerations and excoriations, and healing blisters; for recent cuts, diachylon plaster, spread on leather, will answer best by keeping the edges of the wound in contact. The first object in the healing of ulcers, is to abate the surrounding inflammation by rest, and an emollient poultice of linseed meal and water, which will produce a discharge of healthy matter, that will prove more healing than all the boasted cerates: an ulcer, in an healing state, is neither painful nor offensive. Rest and proper rollers are of as much consequence as ointments.

No. 43. YELLOW BASILICON

Is an excellent application for cleansing and digesting wounds and ulcers; it should be spread thinly on lint, and applied the same size as the wound, and kept on by an external dressing of brown cerate and calico

cerate and a calico or a flannel roller. It is not a proper application for recent cuts, burns, or scalds: the brown cerate will answer much better in such cases.

No. 44. SAVIN OINTMENT.

This ointment was first recommended by Mr. Crowther, an eminent surgeon in London, for keeping up the discharge of blisters in cases of diseased joints; in the treatment of which it appears he has been particularly successful. It has since been used by Mr. Abernethy, in the treatment of the lumbar abscess. Being exempt from the unpleasant effects of the Spanish-fly ointment, in not producing strangury or much local irritation, it is now very generally used for the purpose of keeping up the discharge of blisters, in those acute and chronic diseases, where it is requisite for some time; but in paralytic cases, where the irritation of a blister is more required than the discharge, the Spanish-fly ointment should be employed.

No. 45. SQUILL PILL,

Taken from ten to fifteen grains, twice a day, is a powerful medicine in promoting expectoration, attenuating viscid phlegm, and increasing the secretion of urine; hence it is a valuable medicine in chronic coughs and asthmatic affections, attended with difficulty of expectoration and dropsical complaints.

The squill pill, combined with calomel, as recommended by Dr. Cam of Hereford, is an efficacious and valuable medicine in dropsy; either of the chest, belly, or extremities, in the following proportions: Take of squill pill two drachms, calomel a scruple, mix well together,

and form into thirty pills, of which three may be taken twice a day, with a wine-glassful of the tincture of the essential salt of bark, made with port wine, as under No. 24. If thes pills should not prove sufficiently aperient, a scruple of gamboge may be added with great advantage. (See Pills for the Dropsy, No. 80, and Dropsy.)

No. 46. CATHARTIC EXTRACT

Is very similar to the composition sold under the name of Pill Coccia. In the dose of ten to fifteen grains it is a very useful and active purgative medicine, and in cases of obstinate costiveness, and when a speedy evacuation of the intestines is required, will answer better than any other of the kind. It likewise affords an excellent purgative medicine for head-ach, arising from a distension of the blood vessels of the brain, and especially if produced by a suppression of the piles, which it will often succeed in restoring; but in cases of piles being present, the milder purgatives, as the aperient salts, No. 2, or aperient mixture, No. 62, will answer best. This extract, in the medicine chest, is divided into pills of five grains each, of which two or three may be taken for a dose.

No. 47. LENITIVE ELECTUARY

Has been long and very deservedly esteemed a convenient and gentle laxative medicine, in habitual costiveness, piles, &c. taken to the extent of a tea-spoonful occasionally. (See Electuary for the Piles, No. 85.)

No. 48. PERUVIAN BARK POWDER.

There are three species of the Peruvian bark made use

of in Britain, viz. the pale, the red, and the yellow, which are promiscuously administered, from half a drachm to a drachm, every hour, in fevers of the intermittent class, commonly called agues, with equal advantage. Dr. Saunders recommends the red, when it can be obtained genuine; but through the great difficulty in procuring the true sort, the pale has latterly had the preference in this country, and the yellow in the West Indies. If the full dose should disagree with the stomach and bowels, so as to produce vomiting or looseness, three or four drops of laudanum should be given with every, or every other dose, and two or three grains of Jamaica ginger, or cinnamon powder, if it should oppress the stomach. (See Tonic Powder, No. 91.) It may be taken either in port wine, camphorated julap, or peppermint water; or in order to cover its ill taste, to which some people have an almost invincible antipathy, in an infusion of liquorice root, as advised by Dr. Lewis; but for this purpose I have found, with Dr. Lind, milk to answer best; it should be swallowed immediately after it is mixed, otherwise the flavour of the bark will be imparted to the milk.

When the bark, in powder, cannot be made to stay on the stomach, the essential salt of bark, No. 24, affords a very proper substitute, and may be employed with equal advantage. During the hot fit of an intermittent, it may be given mixed with two table-spoonfuls of Mindererus's spirit.

In urgent cases of intermittent fever, Dr. Cullen and Dr. Lind advise the bark in powder to be given in the dose of a drachm and a half to two drachms every hour. The stomach, however, in this respect is the best guide, and as much as it will bear, may in general be given with propriety; for as Torti, and other celebrated writers have

inculcated, the larger the dose and the quicker the repetitions of it, the greater is the power of the medicine in stopping the paroxysms, and the less of it is found to be taken in the end; whereas it has been observed, that when given in small doses and at long intervals, the sum of the whole quantity taken has been much more considerable, yet it has not produced the desired effect.

If the paroxysms should continue after the patient has properly persevered in the use of the bark three days, some visceral obstruction or unfavourable state of the stomach may be suspected, in such case therefore it will be adviseable to cleanse the first passages by an emetic and a purge of jalap and calomel, when recourse may be had to the bark again with success.

The Peruvian bark, as a strengthening medicine, is now more generally prescribed than any other of the class of tonics. In mortifications, putrid sore-throat, and malignant fevers, it is almost the only remedy that can be employed, taken from twenty to forty grains, every two or three hours, in a glass of Port wine, or camphorated julap. In a great variety of diseases, as St. Vitus's dance, scrophula, or King's evil, rickets, nervous irritability, indigestion, hysteric fits, and dropsy, it is likewise administered with great advantage, to which a dessert-spoonful of steel wine will often prove a great auxiliary. Dr. Lind observes, that when the bark is entirely nauseated from a weakness of the stomach, or from an aversion of the patient to the taste of the medicine, it will be proper to administer it glysterways, in the quantity of two drachms in half a pint of beef tea every three hours, in which form it has proved as efficacious as when taken by the mouth.

In coughs, asthma, consumption of the lungs, and difficulty of breathing, the bark should not be employed unless sanctioned by an experienced physician.

The decoction of bark is made by boiling one ounce of bruised bark in a pint and a half of distilled water, in a close covered vessel, for ten minutes. The liquor should be strained, while hot, through a coarse strainer, and used while turbid, for if suffered to stand till clear, the most efficacious part of the bark (the resin), will subside. An infusion, both in boiling and cold water, has been recommended in preference to the decoction, under an idea that the volatile and most active parts escape by boiling; but if a close vessel be employed this objection is obviated.

The barks introduced into the practice of medicine of late years, under the name of Red and Yellow Bark, do not appear to be the produce of the same tree as the true pale bark; and it is much to be doubted, whether the true pale Peruvian bark possesses any real advantages over the bitter astringent barks of this country, particularly that of the willow, oak, and horse chesnut trees.* The Rev. Mr. Stone, some time since, published a favourable account of the efficacy of the willow bark; which has been confirmed by two foreign physicians of repute, Gunz and Clossius, and several recent publications by physicians of hospitals, who have had an opportunity of putting it to the test of experience. At the Hereford infirmary the willow bark was much employed in conjunction with the oak bark, in the proportion of one part of the latter to two of the former; and which certainly answered as well as the Peruvian bark, and in some

* "It is my opinion," says the ingenious St. Pierre, "that nature has modified her productions in every country, conformable to the diseases which the climate of every particular country generates."

instances better; a fact that may be turned to a considerable reduction in the expense of the medical departments of hospitals. About four years since I published a concise account of the efficacy of these barks, and gave many formulæ for their use, in a work entitled the *Medical and Chirurgical Pharmacopœia* for the use of hospitals.

No. 49. JAMAICA GINGER

Has lately been introduced into domestic medicine as a remedy for gout, indigestion, and flatulence, in the dose of twenty grains to a tea-spoonful in any common vehicle; and where the use of a warm stomachic is required, it is no doubt a valuable medicine. Ginger, in the state of powder, taken in tea or milk, warms and invigorates the stomach, without heating the body or increasing the circulation; hence it has proved serviceable in shortening a fit of the gout, and its continued use has in many instances prevented its recurrence, probably by keeping up an healthy digestion and counteracting the debilitating and other injurious effects of a too free use of spirituous liquors. Ginger, although pungent to the taste, allays the irritation of piles, and often speedily removes them; and in many distressing affections of the rectum or great gut, which has been attributed to stricture or cancerous contraction, it has succeeded in removing, probably by producing a proper secretion of mucus from the internal surface of the intestines. (See Tincture of Ginger and Chamomile, No. 7. and Piles.)

No. 50. SENNA LEAVES.

In domestic medicine senna leaves have been long em-

ployed as a purgative for children. Its flavour may be disguised by infusing two drachms, with a little bohea tea, in a quarter of a pint of boiling water, and adding, when poured off clear, a little brown sugar and milk; the ill taste of the senna will thus be so far covered, that children may easily be induced to take it for tea—a few coriander or caraway seeds may be added, to correct its griping quality. It is not so efficacious a purge as the basilic powder, which has likewise the great advantage of removing slime and destroying worms.

To adults, senna is generally given in conjunction with the more active purges, as the Rochelle or Epsom salt, No. 2. (See Aperient Mixture, No. 62.)

No. 51. MANNA

Is chiefly used as an ingredient in the aperient mixture of senna and Rochelle salts. (See Aperient Mixture, No. 62.)

Manna being very subject to generate acidity and wind in the bowels, is by no means so good a purgative medicine for infants as rhubarb combined with magnesia, or the basilic powder.

No. 52. GUM ARABIC,

Dissolved, from one to two ounces, in a pint of common or barley water, and taken to the extent of a teacupful, frequently furnishes a very excellent lubricating beverage, in cases of inflammation of the kidneys, or bladder, bloody urine, arising from gravel or other causes; and when the natural mucus of the intestines is abraded, as in cases of dysentery and violent diarrhœa, or looseness. With the addition of a drachm of nitre, it

will prove very serviceable in strangury, and heat of urine. (See Diuretic Powder, No. 89.) In pleurisy and inflammation of the lungs, half an ounce of gum arabic, the same quantity of liquorice root, and an ounce of pearl barley, boiled in a pint and half of water to a pint, affords a very useful pectoral drink and vehicle for the exhibition of sudorific doses of the antimonial wine or ipecacuan powder in such cases.

No. 53. PURIFIED NITRE,

In the dose of six or ten grains, dissolved in water, Mindererus's spirit, or camphorated julap, possesses a cooling quality, which quenches thirst, abates febrile heat, and quiets the circulation. It is likewise serviceable in strangury. (See Gum Arabic, No. 52.) In pleurisy and inflammation of the lungs, it is, as Dr. Cullen observes, a very doubtful remedy; and although it may succeed in abating the constitutional fever, by provoking cough, it is frequently productive of much local mischief.

A solution of nitre in water, in the proportion of half a drachm to half a pint, has been much recommended as a gargle for dispersing inflammation in the throat and mouth; but the gradual solution of a few grains on the tongue, and swallowed with the saliva, generally answers in such cases much better. (See Discutient Gargle, No. 92.)

No. 54. CREAM OF TARTAR,

Being a mild and cooling aperient, is deservedly much employed as an alterative medicine for children, in inflammatory eruptions of the skin, and impurities of the

blood and juices, to which it is customary to add an equal quantity of sulphur.

The most convenient and pleasant method of giving cream of tartar and sulphur to children, is in the form of an electuary, made with a sufficient quantity of honey, of which a tea-spoonful may be given every morning with a draught of sassafras tea; if it should not operate sufficiently on the bowels, half a drachm of jalap powder may be added to an electuary of an ounce of flowers of sulphur, and the same quantity of cream of tartar.

Cream of tartar is much recommended by professor Home as an active and efficacious purge in dropsical complaints. It rarely succeeds so well in such cases as the basilic powder, or jalap, combined with calomel, which produce copious discharges from the system, without increasing its debility, the common effect of large doses of cream of tartar.

The acid beverage which has been much used in hot climates under the name of *Imperial Drink*, to cool the body and quench thirst, is made with cream of tartar in the following manner: Take of cream of tartar three drachms, the rind of one lemon, pour on them (in an earthen vessel) one quart of boiling water, and, when cold, add a sufficiency of white sugar, to render it agreeable to the palate.

Cream of tartar is likewise one of the articles used by Dr. Hahnemann, to make his celebrated test for detecting lead fraudulently added to Port wine, a practice so prevalent among dealers in that article, and attended with such injurious effects on the stomach and bowels, that the method of discovering the fraud cannot be too generally known. This test is prepared as follows: Two drachms of cream of tartar, one drachm of dry liver of sulphur, are to be shaken in a two-ounce phial, filled

with distilled water, well corked; the phial is to be occasionally shaken, for about ten minutes; when the powder has subsided, decant the clear liquor, and preserve it in a well-stopped bottle for use: from sixteen to twenty drops of this liquor are to be dropped into a small glass filled with the suspected wine; if the wine turn blackish or muddy, and deposit a dark-coloured sediment, the adulteration with lead is proved, but not otherwise.

Cream of tartar in powder is sometimes adulterated with sulphate of potash, which may be detected by pouring on half an ounce of the suspected cream of tartar two or three ounces of pure water, shake the mixture frequently, and let it stand one hour; the sulphate of potash being more soluble than the cream of tartar, will be taken up, and may be known by the bitter taste of the solution, and by a precipitate, on adding muriate of barytes, which will be insoluble in muriatic acid.

No. 55. FLOWERS OR WASHED SULPHUR,

In the dose of half a drachm to a drachm, operates as an aperient medicine, and by considerably increasing the insensible perspiration, has proved of great utility in cutaneous obstructions and foulness. It is given with advantage in conjunction with cream of tartar. (See No. 54.) From its gentle purgative property, which it effects without griping or irritation, it has proved particularly serviceable in piles, combined with the lenitive electuary, to which a little nitre may be added, if attended with much heat in the part. (See Electuary for the Piles, No. 85; and Aperient Sulphureous Water, under the head of Rochelle Salt, No. 2.)

In chronic rheumatism and gouty affections, a teaspoonful of flowers of sulphur, with half the quantity of

Jamaica ginger-powder, taken every morning in a glass of milk, has proved an excellent remedy.

An ointment made of one part of flowers of sulphur, and four of hog's lard, is a certain remedy for the itch, and much safer than mercury: its internal use is, however, often necessary. (See Itch Ointment, No. 107.)

Sulphur, although a medicine of no considerable efficacy, has the property of restraining the action of some of the most powerful kind. Mercury, by an admixture with it, is almost rendered inert; thus, Æthrop's mineral, which is composed of equal parts of flowers of sulphur and mercury, may be given to the extent of sulphur itself, without manifesting any operation on the system than might be expected from the exhibition of sulphur alone; and, when mercury has exceeded in operation, sulphur is employed to abate its violence. Even the corrosive poison, arsenic, by the addition of sulphur, becomes almost innocent; but, for counteracting the effects of this poison, taken into the stomach, the liver of sulphur will answer best on account of its solubility in water, and its more rapid action on mineral poisons. (See Treatment of Mineral Poisons.)

The preparation of sulphur, termed from its colour, *Milk of Sulphur*, possesses no advantage over the flowers or washed sulphur, but is often rendered less efficacious, and the peculiar properties of the sulphur much impaired by an admixture of lime to improve its colour.

No. 56. COURT PLASTER

Is a common application for recent superficial cuts to keep the edges in contact, and defend them from the action of the atmospheric air, &c. If the wound be deep, or attended with much irritation or contusion, the

diachylon plaster, spread on leather or black silk, will answer best. (See Tincture of Myrrh, No. 17, and Cuts.)

No. 57. LINT

Is very useful for dressing and cleaning sores or ulcers; applied dry, it will destroy fungous flesh, and with a little pressure stop the bleeding of superficial wounds, and the punctures of leeches.

No. 58. DIACHYLON PLASTER,

Spread on leather, is a common and good application for slight contusions, excoriations of the skin, chilblains, corns, and fresh cuts.

No. 59. GUM PLASTER

Is an useful application for promoting the suppuration of biles, and abscesses, spread on leather.

No. 60. PREPARED NATRON

Is soluble in water, and in the proportion of three drachms to a pint, forms a very efficacious alterative water; and in the dose of a wine-glassful, two or three times a day, will prove highly beneficial to children affected with scrophula, rickets, scald-head, cutaneous eruptions, and acidity in the stomach. (See Rickets and Scrophula.) A weak solution of one ounce in five pints of water, saturated with fixed air by Nooth's machine, is sold under the name of Soda Water, and much recommended as a remedy for stone and gravel. When this

water disagrees with the stomach, Dr. Beddoes recommends pills of dried soda and Castile soap as a proper substitute. (See Pills for Gravel and Stone, No. 81.) The supercarbonate of natron is preferable to the dried natron, two drachms of which, dissolved in a quart of water, is preferable to the soda water, on account of the fixed air not being disengaged when exposed to the atmosphere.

Prepared natron is a medicine of great power in the cure of chronic diseases; and although slow, is a more certain alterative than the more active kind. Its continued use has, in many instances, succeeded in dispersing scirrhous or cancerous tumours, and in curing obstinate cases of scrophula. Mr Parkinson, in a late dissertation on Gout, recommends it as a certain remedy for that disorder. (See Gout.) To scrophulous and ricketty children the solution of it in water, as recommended above, may be conveniently given in milk. It has, likewise, been found to increase obesity

A Collection of approved

FAMILY PRESCRIPTIONS;

Or, Useful Compounds of the preceding Medicines.

INTERNAL REMEDIES.

MIXTURES.

No. 61. STOMACHIC MIXTURE.

TAKE of the essential salt of bark, No. 24, one drachm, dissolve in half a pint of distilled water, then add

Tincture of Jamaica ginger and Chamomile, No. 7, two drachms.

Two or three table-spoonfuls to be taken three times a day. If attended with an acidity in the stomach, a drachm of prepared natron, No. 60, or a drachm of magnesia, No. 1, may be added.

No. 62. APERIENT MIXTURE.

Take of senna leaves three drachms, infuse in a quarter of a pint of boiling water, for twenty minutes, then strain, and add

Rochelle, or Epsom salt, No. 2, and

Compound tincture of senna, No. 8, of each one ounce.

Three table-spoonfuls to be taken every two or three hours, till it operates.

In cases of obstinate costiveness or colic, half an ounce of castor oil, No. 3, with the use of the laxative clyster, No. 97, should likewise be employed.

No. 63. SUDORIFIC MIXTURE.

Take of Mindererus's spirit, No. 10, three ounces,
Ipecacuan powder, No. 23, ten grains,
Pure water, five ounces,
Essence of peppermint, No. 32, fifteen drops.
Mix.

Three table-spoonfuls to be taken every two hours, till it produces the desired effect.

All medicines administered to promote sensible or insensible perspiration, should be assisted in their operation by the plentiful use of tepid drinks, such as warm barley water-gruel, tea, or the like.

This is a good sudorific medicine for inflammatory fevers, pleurisy, and acute rheumatism; with the addition of forty drops of laudanum, it will be similar to Dr. Dover's sweating powder.

No. 64. CRETACEOUS MIXTURE.

Take of the compound cretaceous powder, No. 29, two drachms,
Gum Arabic powder, No. 52, three drachms,
Laudanum, No. 31, twenty drops,
Pure water, six ounces,
Essence of Cinnamon, No. 33. forty drops.
Dissolve the gum arabic in an ounce of water, and rub with it the compound powder, then add the other ingredients.

Two table-spoonfuls to be taken after every loose stool, in cases of diarrhœa or dysentery. (See Compound Cretaceous Powder, No. 29, and Diarrhœa.)

No. 65. ANTI-HYSTERIC MIXTURE.

Take of tincture of assafœtida, No. 19, four drachms,
Sal Volatile, No. 13, two drachms,
Camphorated julap, No. 28, six ounces. Mix.

Two table-spoonfuls to be taken every three or four hours, for hysteric or fainting fits, and spasmodic colic, asthma, and St. Vitus's dance.

No. 66. COUGH MIXTURE.

Take of ipecacuan wine two drachms, or ipecacuan powder, No. 23, ten grains,
Gum Arabic powder, No. 52, four drachms,
Laudanum, No. 31, twenty drops,
Simple oxymel, two ounces,
Pure water, six ounces. Mix.

Two table-spoonfuls to be taken every two hours for recent coughs, pleurisy, and inflammation of the lungs. (See Coughs.)

No. 67. CAMPHORATED BARK MIXTURE.

Take of essential salt of bark, No. 24, one drachm,
Dissolve in camphorated julap, No. 28, six ounces,
Sweet spirit of nitre, No. 15, two drachms. Mix.

Three table-spoonfuls to be taken every two or three hours, in low infectious fevers, putrid sore throat, mor-

tifications, and in all cases where the use of a strengthening medicine is indicated.

The Bark thus associated, acts, as M. Lassonne has observed, with more energy and force, whether it be for the purpose of curing fever or gangrene; and this observation Dr. Cullen believes, and experience has certainly proved to be well founded. Dr. Cheston, of Gloucester, speaks very highly of this combination, and asserts, that he has found it succeed after the bark in powder and decoction has disagreed with the patient.

No. 68. ASTHMATIC MIXTURE.

Take of paregoric elixir, No. 11, one ounce,
Camphorated julap, No. 28, six ounces,
Tincture of assafœtida, No. 19, half an ounce, or
Vitriolic ether, No. 14, three drachms,
Honey, half an ounce. Mix.

Two table-spoonfuls to be taken with ten grains (in two pills) of the squill pill, No. 45, for chronic difficulty of breathing and spasmodic asthma. A tea-spoonful of ether, No. 14, with fifteen drops of laudanum, No. 31, taken during the paroxysm of asthma, will afford considerable relief. (See Asthma.)

No. 69. GOUT MIXTURE.

Take of volatile tincture of guaiacum, No. 20, six drachms,
Camphorated mixture, No. 28, six ounces,
Tincture of rhubarb, No. 4, half an ounce,
Honey, half an ounce;

Rub the tincture of guaiacum with the honey, in

the glass mortar, then add the other articles by degrees.

Two table-spoonfuls to be taken every four or five hours. (See Ether, No. 14, and Gout.)

No. 70. ANTI-SPASMODIC MIXTURE.

Take of ether, No. 14, half an ounce,
Paregoric elixir, No. 11, one ounce,
Tincture of assafœtida, No. 19, half an ounce,
Distilled water, six ounces, Mix, and keep well corked in a cool place.

Two table-spoonfuls to be taken every three or four hours, for the colic and other spasmodic affections.

Such medicines should not be administered in cases of colic till three or four evacuations have been procured from the bowels, by means of castor oil, No. 3, or the aperient mixture, No. 61, and clyster, No. 97, unless attended with very acute pain in the bowels.

No. 71. ANTI-RHEUMATIC MIXTURE.

Take of volatile tincture of guaiacum, No. 20, one ounce,
Honey, half an ounce,
Camphorated julap, No. 28, six ounces,
Laudanum, No. 31, twenty drops,
Rub the tincture of guaiacum with the honey, in a glass mortar, and add the other articles by degrees.

Two table-spoonfuls, four times a day, for chronic rheumatism. The topical application of the volatile liniment, No. 103, should accompany its use. (See Rheumatism.)

No. 72. NERVOUS MIXTURE.

Take of essential salt of bark, No. 24, one drachm, dissolve in
Camphorated julap, No. 28, six ounces, then add
Spirit of sal volatile, No. 13, two drachms,
Compound spirit of lavender, No. 9, three drachms.

Two table-spoonfuls to be taken three or four times a day. For nervous irritability and periodical head-achs, this is a very valuable remedy.

No. 73. ABSORBENT MIXTURE.

Take of magnesia, No. 1, one drachm,
Rhubarb powder, No. 26, ten grains,
Laudanum, No. 31, six drops,
Pure water, two ounces,
Essence of mint, No. 32, four drops. Mix.

A tea-spoonful to be given in cases of gripes, and flatulency, affecting children; if attended with purging, a drachm of the compound cretaceous powder, No. 29, may be added in lieu of the magnesia and rhubarb. (See Magnesia, No. 1.)

No. 74. STIMULATING MIXTURE.

Take of horse radish root, sliced,
Mustard seed, bruised,
Of each one ounce; infuse in a pint of boiling water in a gentle heat, for twelve hours, then strain and add
Spirit of lavender, No. 9, two ounces.

A wine-glassful to be taken three or four times a day, with thirty drops of the volatile tincture of guaiacum, No. 20, for paralytic complaints. The volatile liniment, No. 103, should be well rubbed on the parts affected by means of flannel.

The mustard poultice, No. 111, is an excellent stimulating application, and may be applied frequently, so as to keep up a slight inflammation on the skin.

No. 75. FOR SCROPHULA, OR KING's EVIL.

Take of essential salt of bark, No. 24, one drachm,
Prepared natron, No. 60, two drachms,
Dissolve in a pint of distilled water, then add
Compound tincture of bark, No. 6, one ounce.

Three table-spoonfuls to be taken three times a day.

This mixture was often prescribed in scrophulous affections, by Dr. Symonds, an able physician in Hereford, and Mr. Cam, an eminent surgeon in Bath; who found it particularly serviceable in correcting the scrophulous diathesis. (See prepared Natron, No. 60, and Scrophula.)

No. 76. FOR THE HOOPING COUGH.

Take of ipecacuan powder, No. 23, ten grains,
Tincture of assafœtida, No. 19. one drachm,
Laudanum, No. 31, ten drops,
Pure water, two ounces. Mix.

To a child of two years old, a tea-spoonful may be given every three hours, increasing ten drops for every additional year. (See Hooping Cough.)

No. 77. TONIC MIXTURE.

Take of essential salt of bark, No. 24, two drachms,

Dissolve in twelve ounces of water, and add
Compound tincture of bark, No. 6, one ounce,
Sp. sal volatile, No. 13, two drachms.

Two or three table-spoonfuls to be taken every three or four hours, in cases of relaxation and weakness of the system.

No. 78. SALINE MIXTURE.

Take of crystallised acid of lemon, or concrete acid of tartar, No. 22, one drachm, or
Fresh lemon juice, an ounce and half,
Salt of wormwood, No. 21, one drachm,
White sugar, three drachms,
Pure water, twelve ounces,
Essence of peppermint, No. 32, thirty drops.
Mix.

A tea-cupful to be taken frequently in inflammatory fevers and sore throat. (See No. 21 and 22.)

PILLS.

No. 79. ASTHMATIC PILLS.

Take of squill pill, No. 45, two drachms, divide into twenty-four pills.

Two to be taken twice or thrice a day, with the asthmatic mixture, No. 68. (See Asthma.)

No. 80. FOR DROPSY.

Take of squill pill, No. 45, two drachms,
prepared calomel, No. 34, ten grains,
Gamboge powder, a scruple,
Mix well together, and divide into thirty-six pills.
Three to be taken twice a day, with a wine-glassful of the tonic mixture, No. 77. (See Dropsy.)

No. 81. FOR THE GRAVEL.

Take of prepared natron, (that has been coarsely pounded, and exposed to a warm dry air, till it has crumbled into a white powder) two drachms,
Spanish soap, two drachms, with
Oil of Juniper; make into sixty pills,
Of which three are to be taken three times a day. When the mephitic alkaline water (noticed under the head of Salt of wormwood, No. 21), disagrees with the patient, Dr. Beddoes recommends pills made of the prepared natron.

No. 82. FOR FEMALE DEBILITY AND RELAXATION.

Take of essential salt of bark, No. 24, one drachm,
Salt of steel, No. 25, a scruple,
Gum olibanum, one drachm, with simple syrup; make a mass, and divide into thirty-six pills.
Three to be taken twice a day. (See Whites.)

No. 83. BILIOUS PILLS.

Take of rhubarb, No 26, two drachms,

Calomel, No. 34, half a drachm,
Essence of peppermint, No. 32, ten drops;
With a little syrup, make into thirty pills.

Three to be taken every third morning, with the solution of the Epsom or Rochelle salt, recommended No. 2.

No. 84. CATHARTIC PILLS.

Take of the cathartic extract, No. 46, one drachm,
Calomel, No. 34, fifteen grains;
Mix, and form into fifteen pills.

Three to be taken for a dose, in obstinate constipation of the bowels, and redundancy of bile.

ELECTUARIES.

No. 85. FOR THE PILES.

Take of flowers of sulphur, No. 55, six drachms,
Lenitive electuary, No. 47, two ounces,
Nitre powder, No. 53, one drachm.

A tea-spoonful to be taken twice a day. (See Pile Ointment, No. 105.)

No. 86. FOR THE TAPE WORM.

Take of granulated tin, six ounces,
Conserve of wormwood, three ounces. Mix.

A large tea-spoonful to be taken every morning, with a draught of lime water. (See Basilic Powder, No. 36.)

No. 87. COUGH LINCTUS.

Take of spermaceti powder, two drachms,
Oil of almonds, three drachms,
Conserve of hips, half an ounce,
Syrup of wild poppies, six drachms,
Ipecacuan powder, No. 23, ten grains,
Diluted vitriolic acid, No. 18, ten drops. Mix.
A tea-spoonful to be taken every two or three hours, or when the cough is troublesome.

POWDERS.

No. 88. EMETIC POWDER.

Take of ipecacuan powder, No. 23, a scruple,
Emetic tartar, No. 35, one grain,
Mix. (See No. 23, and No. 35.)

No. 89. DIURETIC POWDER.

Take of purified nitre, No. 53, one drachm,
Gum arabic, No. 52, three drachms. Mix.
And divide equally into twelve papers—one to be taken three times a day, with a draught of barley water, for strangury, heat of urine, and gravel.

No. 90. WORM POWDER.

See basilic powder, No. 36.

No. 91. TONIC POWDER.

Take of Peruvian bark powder, No 48, one ounce,
Jamaica ginger powder, No. 49, one drachm.
Mix.
And divide into twelve papers, one to be taken every, or every other hour, in intermittent fevers. (See Nos. 24 and 48.)

GARGLES.

No. 92. DISCUTIENT GARGLE.

Take of purified nitre, No. 53, one drachm,
Gum arabic, No. 53, three drachms,
Dissolved in half a pint of pure water. To be used frequently for inflammatory sore throat. (See No. 53.)

No. 93. ACIDULATED GARGLE.

Take of red rose leaves, two drachms,
Infuse in a pint of boiling water till cold, then strain, and add

Diluted vitriolic acid, No. 18, thirty drops. For inflammation of the tonsils and mouth.

No. 94. ASTRINGENT GARGLE.

Take of oak bark, half an ounce,
Boil in a pint of water for a quarter of an hour, then strain, and add
Alum, two drachms,
Red Port wine, four ounces.
To be used every two or three hours, in cases of relaxation, or falling down of the soft palate.

No. 95. DETERGENT GARGLE.

Add to the acidulated gargle, No. 93,
Tincture of myrrh, No. 17, and
Honey, of each half an ounce.
For the malignant ulcerated sore throat, thrush and foul ulcers in the mouth.

LAVEMENS, or CLYSTERS.

No. 96. ANODYNE LAVEMENT.

Take of starch jelly, half a pint,
Laudanum, No. 31, forty drops. Mix.
The whole to be injected by means of a pewter lavement

syringe* in cases of dysentery, or a violent purging, and pain in the bowels.

No. 97. LAXATIVE LAVEMENT.

Take of Epsom salt, No. 2, two ounces.
Dissolve in three quarters of a pint of warm gruel or broth, with fresh butter, or sweet oil, three ounces.

No. 98. ANTI-SPASMODIC LAVEMENT.

Take of tincture of assafœtida, No. 19, half an ounce,
Laudanum, No. 31, forty drops,
Gruel, half a pint. Mix.
For spasmodic affections of the bowels.

No. 99. NUTRIENT LAVEMENT.

Take of strong beef tea, twelve ounces,
Thicken with hartshorn shavings, or
Arrow root.
In cases of extreme debility of the system, or when the patient cannot take food by the mouth through an obstruction in the throat, this affords considerable support to the system, and has preserved lives for many months.

It should be thrown up with a flexible tube, longer than the clyster pipes in common use, and with a gentle pressure, insinuated high up the rectum, so as to be applied to as great a number of the mouths of the lacteals

* There are several sorts of this instrument: the one with a curved or flexible tube is very convenient, in enabling the patient to administer the lavement himself; for this purpose it is generally used in France.

as possible, for the purpose of being taken up to nourish the body. If any irritation be produced, either from the rude introduction of the tube, or sudden distention of the intestine, the intention of the injection will be defeated by being hastily evacuated, and has often been productive of serious consequences, by bringing on a diarrhœa, which the reduced state of the patient could ill bear.

EXTERNAL APPLICATIONS.

LOTIONS AND EMBROCATIONS.

No. 100. EYE WATER.

Take of Goulard's extract of lead, No. 30, ten drops,
White wine vinegar, two drachms,
Laudanum, No. 31, thirty drops,
Distilled water, eight ounces. Mix.

For inflammation of the eye, or eye-lids.

To be applied by means of folds of fine old linen, and kept constantly moist and cold.

If the inflammation run high, the use of the aperient mixture, No. 62, a blister to the nape of the neck, and leeches to the eye-lids, are likewise necessary. (See inflammation of the eye.)

No. 101. ASTRINGENT EYE WATER.

Take of blue vitriol, one grain,
Dissolve in four ounces of distilled water, and add
Laudanum, No. 31, thirty drops.

To be dropped within the eyelids of the affected eye, three or four times a day, for films or specks.

No. 102. DISCUTIENT LOTION.

Take of camphor, No. 28, two drachms,
Dissolve in rectified spirit of wine, four ounces, then add
White wine vinegar, a pint.

For strains, bruises, and inflammation, arising from accidents.

It may be conveniently applied in the form of a poultice, by adding a sufficient quantity of bran to make it of a proper consistence, and pouring on the surface a fresh quantity of the embrocation, when the bran gets dry, or feels warm to the patient.

No. 103. VOLATILE LINIMENT.

Take spirit of hartshorn, No. 12, six drachms,
Olive oil, an ounce; shake well together.

This is a good stimulating liniment for chronic rheumatism, paralytic numbness, and diseased joints.

No. 104. LINIMENTS FOR BURNS & SCALDS.

Take of linseed oil and lime water, of each for ounces,
Laudanum, No. 31, half an ounce. Mix.

To be applied by means of lint, or soft old linen: or

Take of expressed juice of potatoes, half a pint,
Spirit of wine, three ounces,
Liquid laudanum, No. 31, half an ounce. Mix.

To be applied as above.

The efficacy of this liniment in recent scalds and burns, has lately been much extolled by several able surgeons in London.

OINTMENTS.

No. 105. PILE OINTMENT.

Take of spermaceti ointment, No. 41, one ounce,
Goulard's extract of lead, No. 30, fifteen drops,
Laudanum, No. 3, one drachm. Mix well together.

(See Electuary, No. 85.)

No. 106. ALTERATIVE OINTMENT.

Take of calomel, No. 34, one drachm,
Spermaceti ointment, No. 41, one ounce. Mix well together.

For the scald head, to be rubbed over the part affected every morning. (See Scald Head.)

No. 107. ITCH OINTMENT.

Take of flowers of sulphur, No. 55, two ounces,
Hog's lard, four ounces,
Oil of lavender, sixty drops. Mix.

To be well rubbed on the parts affected every night, till the eruption cease to be troublesome.

The internal exhibition of sulphur (See No. 55.) should accompany the use of this ointment.

PLASTERS.

No. 108. PECTORAL PLASTER.

Take of Burgundy pitch, two ounces,
Blistering plaster, No. 40, three drachms,
Camphor, No. 28, one drachm.

Melt the Burgundy pitch over a gentle heat, and when cooling, add the blistering salve, and lastly, the camphor in powder. To be spread on leather, and applied over the breast bone, in case of asthma, difficulty of breathing, hooping cough, and consumption of the lungs.

No. 109. CORN PLASTER.

Take of hemlock plaster, with gum ammoniac, an ounce,
Camphor, one drachm. Mix, and spread on thin leather.

The application of this plaster will not only alleviate the pain attendant on corns, but often succeed in removing them. (See Corns.)

No. 110. DISCUTIENT PLASTER.

Take of soap and hemlock plasters, of each three ounces,
Camphor, two drachms.

Melt the two plasters together, over a gentle heat, and afterwards add the camphor in powder. To be spread on leather, for rheumatic pains, indolent tumours, and chronic enlargement of joints.

CATAPLASMS or POULTICES.

No. 111. MUSTARD POULTICE.

Take of flour of mustard, one part,
Oatmeal, three parts,
Vinegar, a sufficient quantity to form a poultice.

Boil the oatmeal and vinegar together, and afterwards sprinkle in the flour of mustard. To be applied warm.

No. 112. EMOLLIENT POULTICE.

Take of pure water, half a pint,
Crumbs of white bread, a sufficiency to form a poultice, then add
Goulard's extract of lead, No. 30, forty drops.
Mix well together.

Milk, so generally employed for making discutient poultices, by soon turning sour, from the heat of the body, becomes a bad external application for allaying inflammation.

No. 113. STIMULATING POULTICE.

Take of oatmeal, half a pound,

Strong beer grounds, a sufficiency to form a poultice, then add one drachm of

Camphor, dissolved in half an ounce of spirit of turpentine. Mix well together.

To be applied warm, for the purpose of promoting the maturation of indolent tumours, or biles.

The part should be frequently fomented, or rubbed with the volatile liniment, No. 103.

APPENDIX

TO THE

FAMILY DISPENSATORY.

Prepared Charcoal.

THE properties of charcoal, as a dentifrice, were noticed in the former editions of this work, under the title of Carbonic Powder; since which it has been very generally employed for the purpose of cleaning the teeth.

Well calcined and levigated charcoal is, no doubt, the most innocent and efficacious tooth-powder we are acquainted with, being perfectly free from any chemical or mechanical quality that can possibly injure the enamel. It gives the teeth a fine healthy, white appearance, destroys the offensive effluvia arising from caries of the teeth, which is often so considerable as to contaminate the breath, and will not only prevent that disease of the enamel attributed to scurvy, but even arrest its progress after it has taken place; and it is worthy of remark, that people, who have suffered much from tooth-ach, have not experienced the least relapse after the use of this powder. It is likewise very efficacious in destroying unpleasant taste in the mouth, cleaning the tongue in cases of putrid fever, sore throat, and indigestion. Charcoal, prepared from the Areca nut, has been held in high estimation among the Indians; and Dr. Lind, late physician at

Bengal, states, that by its use he has preserved all his teeth perfectly sound, although now arrived to the age of eighty: and several very respectable gentlemen, who have resided many years in the East Indies, have assured me that it is esteemed a great preserver of the teeth and a certain preventive against the tooth-ach. The charcoal of the Areca nut (generally termed Betel Nut in this country) certainly affords a much smoother powder than that of wood; and the Editors of the Medical Observer assert it to be very superior as a dentifrice to common charcoal: and on the very respectable authority of Dr. Lind, we can have no hesitation in recommending its adoption in preference to that of wood, particularly as it may now be procured with equal facility; Messrs. Pressey and Barclay, foreign merchants in Henrietta-street, Covent-garden, having, by the request of Dr. Lind and several families, imported the Areca nut,* expressly for the purpose of making the charcoal.

The tincture of Raiana root, mixed with a little water, forms a very excellent astringent lotion for the teeth, and should always accompany the use of the prepared charcoal, or any other dentifrice. This tincture, from its peculiar astringent power, braces and strengthens the gums, and its repeated use has often succeeded in fastening loose teeth.

The tooth-powder, industriously advertised under the name of *prepared charcoal*, is not a genuine charcoal powder, but a composition of chalk, or burnt oyster-shells, which in no respect resembles charcoal as a den-

*An interesting description of the areca nut, and the superior advantages of its charcoal, has lately been published, in a pamphlet entitled " Dissertation on the Areca Nut," by Longman, Hurst, and Co. Paternoster-Row.

tifrice, but must prove injurious by abrading the enamel of the teeth. This composition is of a gray colour, whereas true charcoal is perfectly black. Tincture of myrrh is likewise daily advertised for cleaning the teeth, under the ridiculous title of solution of charcoal.*

Of Indian Arrow Root.

Indian arrow root has, of late years, been cultivated in considerable quantities in gardens and provision-grounds in the West Indies. The following process for obtaining the fine powder, sold in this country, was communicated to me by a principal planter for insertion in this work: "The roots, when a year old, are dug up, well washed in water, and beaten in a large wooden mortar to a pulp. It is then thrown into a large tub of clean water, well stirred, and the fibrous part wrung out by the hands and thrown away. The milky liquor being passed through a lawn sieve or coarse cloth, is suffered to settle, and the clear water drained off. The white mass left at the bottom is again mixed with clean water, and strained; lastly, the mass is dried on sheets in the sun for use."

This powder boiled in water forms a very pleasant transparent jelly, very superior to that of sago or tapeoca,

* The practice of advertising insignificant compositions, under plausible fictitious names, has lately become so prevalent as to require the interference of the legislature. That man can have no regard for his character as a chemist, who can descend to advertise a solution of charcoal, which a person with a very slight knowledge of chemistry must be sensible cannot be made, charcoal being insoluble in any menstruum whatever.

and is much recommended by Dr. Denman and Dr. Clarke as a nutritious diet for children and invalids. The jelly is made in the following manner: To a dessert-spoonful of the powder, add as much cold water as will make it into a paste, then pour on half a pint of boiling water; stir it briskly, and boil it a few minutes, when it will become a clear smooth jelly; a little sugar and Sherry wine may be added for debilitated patients, but for infants a drop or two of essence of caraway seeds or cinnamon is preferable, wine being very liable to become acescent in the stomachs of infants, and thus disagree with the bowels. Fresh milk, either alone or diluted with water, may be substituted for the water. For very debilitated frames, and especially for ricketty children, this jelly, blended with an animal jelly, as that of the stag's horn, affords a more nutritious diet than arrow root alone, which may be done in the following manner: Boil half an ounce of the true stag's horn* shavings in a pint of water for fifteen minutes, then strain and add two dessert-spoonfuls of arrow root powder, previously well mixed with a tea-cupful of water, stir them briskly together and boil them for a few minutes. If the child should be much troubled with flatulency, two or three drops of essence of caraway seeds, or a little grated nutmeg may be added; but for adults port wine or brandy will answer best.

* Great care should be taken that the true stag's or harts-horn shavings be employed, the calve's bone shavings, on account of being whiter and much cheaper, being generally sold for them; they do not impart, however, so strong or wholesome a jelly as the stag's horn, being deprived of their mucilage by the process the bones undergo for the purpose of rendering them white.

This combination of animal and vegetable jellies is much recommended by Dr. Cadogan in his popular treatise on the Management of Children, who justly attributes one-ninth of their diseases to being fed too much with vegetables. Such an admixture is similar to mother's milk, and very superior to the milk of an unhealthy woman.

Mr. Pressey was the first importer of this article, and Mr. Godfrey, by frequently advertising it, brought it perhaps first into notice, but through the extravagant high price of eight shillings a pound, at which it was sold by that druggist, its consumption has been confined to opulent families. In order, however, that no class of invalids may be precluded from its use, I have directed it to be retailed at four shillings a pound, at the Chemical and Medical Hall, in Henrietta-street, Covent-garden; and as it is received in the original packages from one of the most respectable planters in the West Indies, I can take upon myself to say, that it is perfectly genuine, and equal, if not superior in quality, to that sold at double the price. It is, however, to be understood, that it is sold at that reduced rate for charitable purposes only.

Directions for making Lime Water.

Take of quick lime, four ounces; pure water, six pints. Mix. Set them aside in a covered earthen vessel for one hour, then pour off the clear water, and keep it in bottles well corked for use.

In weakness of the stomach, accompanied with acidity and flatulency, this water affords an excellent auxiliary vehicle, in the quantity of a wine-glassful, for taking the compound tincture of ginger and chamomile, No. 7, or compound tincture of bark, No. 6.

Lime water being capable of dissolving slime or mucus in the stomach and intestines, a redundancy of which affords a nedus or lodgment for worms, will considerably promote the efficacy of the vermifuge medicine in the dose of a tea-cupful two or three times a day. (See Basilic Powder.) It has been much celebrated as an alterative in scrophula and scurvy; in the latter case it has not supported its character, while in the former it has still its abettors. The good effects produced by it in such cases, are probably to be attributed to its destroying acidity in the stomach, and promoting digestion, for which, however, it is inferior to the prepared natron, No. 60. The addition of a table-spoonful of lime water to half a pint of milk, makes it sit easy on weak stomachs, and prevents its curding in the stomach.

Directions for making Barley Water.

Take of pearl barley, two ounces; water, five pints; first wash the barley from the mealy matter that adheres to it with some cold water, then boil it a little with half a pint of water to extract the colouring matter; throw this away, and put the barley thus purified into five pounds of boiling water, which is to be boiled down to one half, and strained for use.

The compound barley water, an excellent pectoral drink, is made in the following manner:

Take of barley water, prepared as above, two pints; figs sliced, two ounces; liquorice root sliced and bruised, half an ounce; raisins stoned, two ounces; distilled water, one pint; boil to two pints, and strain.

These liquors afford a very excellent diluting beverage in cases of acute diseases, the former in inflammatory fevers, and the latter in inflammatory attacks of the chest, as

pleurisy and inflammation of the lungs, recent coughs, &c. As their efficacy depends on their free use, it is of consequence that they should be prepared so as to be elegant and agreeable to the palate; for this reason the directions above have been inserted in the London Dispensatory, and the several circumstances which contribute to their elegance particularized, as the previous washing of the barley and extraction of its colouring matter.

The addition of a little lemon, or orange juice, or currant jelly, will take off the raw taste of the barley water, and in most instances promote its efficacy. "However trivial medicines of this class may appear to be," observes that eminent physician Dr. Andrew Duncan, of Edinburgh, "they are of greater importance in the cure of acute disease than many more elaborate preparations."

The Means of fumigating infected Chambers, &c. and preventing the Progress of contagious Fevers.

For the important purpose of purifying the contaminated air of the wards and rooms of patients afflicted with contagious fevers, various means have been employed from almost the earliest period of medicine.* The vegetable acid vinegar and different mineral acids have of late years been principally employed, and ample experience has proved them to be the most efficacious. Dr. James Johnstone, of Worcester, in a dissertation on the malignant epidemical fever which prevailed in Kidderminster in 1756, states that he found vinegar,

* Hippocrates, upwards of two thousand years ago, employed herbs and nitre boiled in vinegar in the chambers of the sick, as appears from many parts of his works.

sprinkled about the room when the weather was warm, and boiled with myrrh or camphor, effectually to correct putrid effluvia. "The steams arising from the latter," the Doctor asserts, "preserve the air from putrefaction, will insinuate themselves by the absorbent vessels of the lungs into the blood vessels, and greatly assist in impeding the progress of putrefaction in the fluids," &c. The camphorated acetic acid, No. 38, evaporated in a saucer over the blaze of a candle, is not only more commodious, but from the purity and pungency of the acid, will have a more rapid action on contagious or putrid effluvia.

Citizen Guyton Morveau recommends the muriatic acid gas for this purpose, which it appears proved particularly efficacious in correcting the putrefaction of dead animal matter in the church of Dijon. For fumigating uninhabited rooms, the muriatic acid gas will answer much better than the steams of vinegar or nitrous gas; but as it considerably irritates the lungs, and is unfit for respiration, it is not proper for the apartments of the sick. Dr. Johnstone also recommends this gas in a slight degree; but on account of its being unpleasant for respiration, he preferred the employment of vinegar.*

For disengaging the muriatic acid gas, citizen Guyton Morveau gives the following directions: "Put into the

* The evaporation of vinegar in the rooms of the sick was a common practice in different parts of the kingdom long anterior to Dr. Johnstone's publication; but it appears that the Doctor was the first who employed the muriatic gas, although citizen Guyton Morveau, in his publication, claims the priority of the discovery. Citizen Guyton, however, did not use it till the year 1773; whereas it is recommended by Dr. Johnstone in his dissertation published in 1758.

middle of the place which is to be purified, a chaffing dish, on which a pan half filled with sand and ashes is to be laid, on which a glass or earthen bowl, containing common salt, is to be placed; the sand being heated, pour on the salt, at once, vitriolic acid, and retire immediately—the windows and doors should be exactly shut. The proportion for an high and spacious ward, containing twenty beds, is, of common salt, nine ounces six drachms, and of vitriolic acid, seven ounces seven drachms (by weight), which quantity is to be augmented or diminished according to the space of the room to be purified." Inhabited rooms this author recommends to be fumigated with the oxygenated muriatic acid, which is made by adding black oxide of manganese in the following proportion: Take of common salt, two parts; black oxide of manganese, one part; vitriolic acid, two parts: after rubbing the salt and manganese together in a glass mortar, place the mixture in an open glass vessel in the infected chamber, and pour on it the vitriolic acid. The fumes are immediately exhaled and diffused through the atmosphere of the room, and effectually destroys putrid particles and contagion.

The nitrous acid gas is preferred by Dr. James Carmichael Smyth, who directs it to be used in the following manner: "Take fine sand and heat it in an iron ladle or shovel; when made very hot, fill with it an earthen quart pipkin, in which immerse a common teacup containing about half an ounce of vitriolic acid, to which, when it has acquired a small degree of heat, gradually add the same quantity of purified nitre in powder; stir the mixture with a slip of glass until the vapour arise in considerable quantity. The pipkin is then to be carried about the room (the doors, windows, &c. being

closely shut), occasionally putting it under the bed and in every corner and place where any foul air may be supposed to lodge: the fumigation to be continued till the room be filled with the vapour, which will appear like a thick haze."

In very malignant cases it should be repeated twice a day; but otherwise, once will be sufficient, which should be regularly continued till the contagion is destroyed. If the vapour irritate the lungs, so as to excite much cough, fresh air should be admitted, by opening the doors or windows of the room. After a few repetitions, this effect will not, however, be produced; but, on the contrary, will be found agreeable and refreshing. No wood or metal should be employed in the process, otherwise dangerous and offensive vapours will be disengaged with the nitrous. Proper attention should likewise be paid to cleanliness in the apartments, clothes, and bedding.

The nitrous vapours thus disengaged, not only destroy the subtile infectious particles arising from putrid bodies or from persons labouring under contagious fevers as effectually as the muriatic gas recommended by citizen Guyton Morveau, but also communicates to the atmosphere a vital principle, which, by respiration, enters the system in such quantity as evidently to invigorate the vital powers, and cheer the mind, and thus proves more beneficial than medical men are generally aware of. The oxygenated muriatic acid of citizen Guyton has a similar effect, and is preferred by Mr. Cruickshank both on account of its being more efficacious and pleasant to respire. Dr. Smyth was of opinion that his discovery was of so great a national importance as to merit a remuneration from his country, and parliament accordingly voted him a compensation of five thousand pounds; notwithstand-

ing, however, it does not appear it was employed by government to check the progress of the malignant fever that lately prevailed at Gibraltar!* Citizen Guyton Morveau claims the priority of the discovery, and the experiments at Dijon were certainly made long anterior to Dr. Smyth's publication.

In order more effectually to resist the effects and check the progress of infection, the following rules, suggested by Dr. Disney Alexander, should be particularly enforced. Similar instructions are given, and much recommended by the late learned and ingenious author of "Medical Ethics," Dr. Percival, and by Dr. Thorp, physician to the infirmary at Leeds.

1st, None should be permitted to visit patients labouring under infectious disorders, but those who are impelled by the calls of duty, affection, or necessary business.

2dly, None should be admitted fasting or before breakfast. The afternoon is the fittest part of the day for visits of this kind; or if they must be paid in the morning, a glass or two of Port or Madeira, or a dose of compound tincture of bark ought previously to be drank. A handkerchief sprinkled with camphorated acetic acid, held occasionally to the nose, is also an useful precaution to those who visit infected persons. If smoking be any where, or on any occasion useful, it may possibly be of some service in such cases as these.

3dly, The utmost attention to cleanliness in every thing relative to the patient, should be observed. This is particularly requisite in camps, jails, hospitals, &c.

* The frequent explosion of about a tea-spoonful of gunpowder, in different parts of the chamber answering the same purposes.

The frequent change of linen, and the immediate removal of every thing of an offensive nature are absolutely necessary.

4thly, The free admission of pure atmospheric air* is indispensably requisite. The absolute necessity for this caution is strikingly evinced by what is recorded to have happened at Philadelphia in the yellow fever of 1793. Of 2000 persons who were removed to tents erected in the fields, only 17 died in 25 days; whilst out of an equal number in the city 178 perished.

5thly, Attention ought to be paid to the temperature of the air. Extreme heat might increase the tendency to putrefaction which exists in a greater or less degree in most infectious disorders. Extreme cold on the other hand is not only very ungrateful to the feelings of the sick, but by its debilitating property may increase the virulence and promote the spread of contagion.

6thly, When a person dies from an infectious distemper, the body should be removed, where this can be

* The atmosphere is not, as was formerly supposed, a simple elementary body, but is found to consist of two very different kinds of air, the one eminently conducive to the purposes of life, named oxygen; the other, which is nearly three-fourths of the whole, destructive of life, and called azote.

On a due admixture of these two component parts of the atmosphere, depends not only respiration but the colour and circulation of the blood, and all the phenomena of life. And since in these cases the air is always more or less contaminated with the breath, excrements and perspiration of the patient, the oxigenous or pure part of it being diminished, in proportion as the azotic or irrespirable part is increased; in order to remedy this deffect, the apartments of the sick are artificially supplied with this vital or oxygenous principle by the means already suggested.

accomplished, as soon as possible into a room appropriated to that use: it should be then wrapped in a pitched cloth, and the friends of the deceased should be desired to proceed to interment, as early as is consistent with propriety. Early burial was so much enforced during the plague at Marseilles, that Dr. Arbuthnot, in his treatise on air, asserts that it was clearly ascertained many were buried alive; a body apparently dead should not, therefore, be too hastily consigned to the grave, the natural heat and pure air of the earth being very powerful agents in restoring the vital functions, in case of their suspension.

7thly, As infection is liable to be communicated by clothes which have been worn by the sick, such clothes ought never to be used, until they have been well washed, and thoroughly fumigated.

8thly, After the recovery or decease of a person labouring under an infectious fever, the roof or walls of the apartment in which he lay ought to be white-washed, the windows kept open during the day, and flowers or herbs inverted in water, placed in such parts of the room, as are more immediately exposed to the action of the sun's rays upon them.*

* Whilst Dr. Priestley was engaged in a series of experiments to enable him to purify contaminated air, he discovered that vegetables answered this purpose most effectually. The experiment by which he illustrates the fact is this: Having rendered a quantity of air very noxious by mice breathing and dying in it, he divided it into two receivers inverted in water, introducing a sprig of mint into one of them, and keeping the other receiver with the contaminated air in it alone. He found about eight or nine days after, that the air of the receiver into which he had introduced the sprig of mint, had become re-

9thly, The establishment of fever wards, or houses of recovery for the reception of persons attacked with infectious fevers, is an institution which reflects immortal honour on its founders; and is better adapted to check the ravages and prevent the recurrence of these maladies in large towns, than perhaps any other plan which has hitherto been devised.

Many very respectable practitioners in the West Indies as well as on the continent of America, &c. deny that the fevers which, at times, have proved so destructive in those places, were contagious; and Dr. John Vaughan, after investigating the cause and nature of the fever which prevailed with such violence in the borough of Wilmington, in North America, in the year 1802, concludes, contrary to the general opinion, that the disease was not imported, that it was not contagious, but that it depended upon some noxious state of the atmosphere, and that this noxious state was owing to certain putrid effluvia, which formed a constituent part of heavy fogs, which used to collect at that time in the evening, and be suspended over the flats during the nights." Hence we find that

spirable; for a mouse lived very well in this, but died immediately upon being introduced into the other receiver, containing the contaminated air alone. All strongly scented objects vitiate the air; and it has been satisfactorily proved by the experiments of Ingenhouz. Priestley, and others, that most plants emit during the night a large proportion of azotic or irrespirable gas, we understand why it is that flowers suffered to remain all night in a bed-room, sometimes prove very deleterious in their effects. Nor is it less unhealthy to sleep in a room where a quantity of green fruit is constantly kept, as from its fragrance a portion of inflammable matter transpires which soon impregnates the air.

fevers, which are attributed to contagion, will make an equally rapid progress, when guards have been placed, as they have in Russia, on high walls built purposely to prevent communication; and some instances have happened of a great part of Europe, and some of Asia, Africa, and America, suffering from similar complaints, nearly at the same time, from a very widely spreading noxious effluvium in the air. Dr. Desgenette, physician to the French army in Egypt, and M. Assalini and Larray, from many bold experiments, coincide in opinion that even the plague is not contagious.

The partial appearance of this fever and its frequent occurrence at the same places, have induced some practitioners to suppose that it was produced by noxious vapours or putrid miasmata disengaged from the earth. The French historian Mezeray, as quoted by the Hon. Mr. Boyle, states, "that a vapour broke out of the earth in the kingdom of Cathay, that caused fevers more fatal and universal than ever before known, and that it consumed every thing before it, even to the trees and stones." Hoffman, Sennertus, and many of the most respectable ancient physicians, have very justly observed, that the *fear** of contagion, under a *bad constitution of the air*, has been more productive of disease than the air itself, and it is to be feared has been the cause of many unfortunate sufferers being lost for want of proper attention, and some even being buried alive.

Whatever the original source or nature of the infection may be, after it enters the circulation, which is probably by respiration, it evidently generates a quantity in the system

* A remarkable instance of the influence of the depressing passions in this respect has been lately noticed by Captain

(the same as other specific poisons), and passes off by perspiration, so as to contaminate the air; the means, therefore, suggested, must considerably tend not only to prevent its spreading, but also to diminish its malignity. (See Typhus Fever.)

The Means of counteracting the effects of the different Poisons on the Human Body.

Poisons may be considered under three different heads, viz. Mineral, Vegetable and Animal.

OF THE MINERAL POISONS

Arsenic is the most powerful, and, therefore, for the purpose of suicide, generally resorted to. The solutions of mercury, copper, lead, and antimony in different acids, are likewise in no great quantity active and virulent poisons. To counteract the effects of any of the mineral poisons taken into the stomach, the liver of sulphur is the most efficacious medicine, which may be administered in the following manner: dissolve a large table-spoonful of the liver of sulphur in a pint of warm water, and give the patient two table-spoonfuls of the solution as soon as possible, and repeat it every ten or fifteen minutes for

Philip Beaver, in a work entitled "African Memoranda;" this intelligent author, speaking of the disease which prevailed among his men at Bulama, observes, "It is melancholy, no doubt, but many have absolutely died through fear. More courage and greater exertions (he observes), I firmly believe, would have saved many of them; but a lowness of spirits, a general despondency, seems to possess every body. When taken ill, they lie down, and say they know they shall die; and what is very remarkable, I have never yet known one recover after having, in such a manner, given himself up."

three or four doses or as occasion may require. If this preparation cannot be readily procured, a tea-spoonful of sulphur, with eight or ten grains of salt of wormwood will afford the best substitute.

The liver of sulphur, or salt of wormwood, by uniting with the acid of corrosive sublimate of mercury and the metallic salts, decomposes them, and precipitates the metal, in the form of a calx, nearly or wholly inactive. It will likewise be proper to dilute plentifully with warm water, and to excite vomiting, by giving, with the first dose of either of the above medicines, or as soon after as possible, two scruples of ipecacuan powder, and to hasten its operation by irritating the fauces with the finger or a feather. Oil and milk may likewise be given with a view to blunt its acrimony. If neither liver of sulphur, nor salt of wormwood can be readily procured, ten grains of pearl or pot-ash may be employed, or half a table spoonful of soap lees given in a little water, or a strong solution of soap in water.

In all cases of mineral poisons* this method should be adopted. If the poison should be arsenic, Newman observes, the alkaline medicines, as the liver of sulphur, salt of wormwood, or pearl-ash, will very plentifully dissolve it, and hence it will be the better discharged by emetics.

The most powerful medicine we are acquainted with for counteracting the effects of arsenic and corrosive sublimate of mercury, is the liver of sulphur, given in a dose of twenty grains, dissolved in a glass of water, and repeated

* When the nature of the poison cannot be ascertained, which is too often the case, it will be adviseable to treat it as belonging to the mineral class in order to avoid a loss of time, which, with emetic of ipecacuan, will also succeed in expelling it should it be of the vegetable kingdom.

in a quarter of an hour, or in the manner above-mentioned. The alkali of this medicine decomposes the saline preparation of metals; and the sulphurous part restrains their power, and even so remarkably abates the virulence of arsenic, as, when intimately combined, to render it nearly inert. (See Flowers of Sulphur, No. 55.)

It is strange such powerful medicines, in counteracting the effects of mineral poisons, should not be noticed by Tissot, Buchan, and others, who have written on the subject, professedly for public instruction. Dr. Buchan merely recommends oily drink to be taken, and observes if they fail to produce vomiting, "half a drachm of powder of ipecacuan must be given, or a few spoonfuls of the oxymel, or vinegar of squills may be mixed with the water he drinks." The two latter articles, no medical man, at least of any chemical knowledge, would think of giving, being more likely to increase than diminish the virulence of the poison. "With respect to mineral poisons," says Dr. Houlston, "there is a rational ground for hope, as by proper management they may be decomposed, their effects counteracted, and the danger resulting from their exhibition guarded against and prevented; but the

VEGETABLE POISONS

Do not admit of such a remedy, there being no certain means of counteracting their effects. Their speedy evacuation should, therefore, be attempted by the most powerful emetics; as ten or fifteen grains of white vitriol, or four grains of emetic tartar, No. 35, with thirty of ipecacuan powder, No. 23, in a little water.

These means should be employed as early as possible, before the poison has destroyed the sensibility of the

stomach, and produced such a degree of spasm as to render vomiting impracticable, the certain consequence of their continued action on the stomach; their evacuation cannot then be effected, and their continuance is inevitably fatal. If an emetic medicine cannot be readily procured, attempts should be made to excite vomiting by introducing a finger or a feather into the mouth, and tickling the fauces till the contents of the stomach are thrown up, which will often prove as effectual. The vegetable acids being considered by many practitioners antinarcotics, may likewise be administered; vinegar being the most handy and as efficacious as any, may be given in the quantity of three or four table-spoonfuls. The patient should likewise be made to drink plentifully of a strong infusion of coffee, which some experienced practitioners assert to be the most efficacious remedy that can be employed for the restoration of the sensibility of the stomach, and the removal of the spasms induced by vegetable poisons.

If the poison be an over-dose of opium, the patient should be prevented going to sleep by shaking him, and applying some pungent smelling salts to the nostrils, while the above means are employed for its evacuation. The propriety of bleeding, recommended by Dr. Buchan in such cases, is much to be doubted: no advantage can be derived from such a practice, but as tending to diminish the powers of life—it would probably accelerate its fatal effects.

ANIMAL POISONS.

The effects of poison introduced by the sting of insects may be prevented, by applying, immediately, a little vinegar and spirit of wine, by means of some folds of old linen.

From the bite of a mad animal arises not only the most formidable wound, but also the most dreadful disease known in this country, termed Hydrophobia;* for the prevention and cure of which a great variety of nostrums have been held forth to the public; but there is no satisfactory instance of any of them proving useful; and no means yet suggested can be depended on, but the complete removal of the injured part by the knife or actual cautery. In this all medical writers on the subject agree, with this difference, that some contend it can only be effectual when it is done soon after the accident; while others, as Dr. Cullen, &c. are of opinion that the poisonous matter is not immediately absorbed into the system, and think the measures for destroying the part may be practised with success many days after the bite.

Mr. Hugh Munro and Mr. Benjamin Bell recommend the removal of the part as soon as possible after the accident; but observe, if it have been neglected, it should be attempted at any time before symptoms of hydrophobia take place, as there are instances of no alarming symptom occuring for several weeks after the bite has been received.

Sea bathing has been much recommended in all ages as a preventive; and lately mercury by many practitioners; but there are no well attested cases in which they have been attended with advantage, so that little or no dependance can be placed in them. The complete cutting out of the part to which the teeth have been applied is un-

* Dr Berguillon, a French physician of repute, has lately published a treatise, in which he maintains, with great ingenuity, that this disease is produced *solely* by the power of imagination, without the intervention of any distinct material poison!

questionably the most to be relied on: and as hydrophobia, when once it has taken place, is absolutely an incurable malady, and the period for absorption uncertain, the sooner the excision of the part is accomplished the greater will be the chance of success. Till the operation can be done, the part should be constantly washed; and even after its removal, a discharge should be kept up from the surface of the wound by stimulating applications of basilicon ointment, with red precipitate of mercury, or spirit of turpentine.

The preventive medicine, so much extolled by Dr. Mead, is composed of ash-coloured liverwort, powdered, half an ounce; black pepper, powdered, quarter of an ounce; to be mixed well together, and divided into four doses, one to be taken every morning fasting for four mornings successively, in half an English pint of cow's milk, warm.

"After these four doses are taken (the Doctor observes), the patient must go into the cold bath, or a cold spring or river, every morning fasting, for a month; he must be dipped all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold; after this he must go in for three times a week, or a fortnight longer. The person must be bled before he uses the medicine."

In the space of thirty years, it appears the Doctor had an opportunity of giving this plan a trial no less than one thousand times, with (as he observes) uniform success!! No experienced practitioner, however, I am persuaded, will attribute to it any antidotal power whatever, or think of employing it to the exclusion of more rational remedies, of these the most plausable is mercury, which must be used both internally and externally, so as to excite salivation as soon as possible. A drachm of the strongest

mercurial ointment at least, should be rubbed in the inside of the thighs, and the part surrounding the wound, two or three times a day, and a pill, composed of three grains of calomel, with a grain of opium taken twice a day. If symptoms of hydrophobia* should occur, musk should be immediately administered in large doses, if possible by the mouth, or otherwise by way of lavement, and the body placed in a mercurial vapour-bath till the system be affected.

On suspended Animation, and the means of recovering drowned Persons.

The suspension of the vital powers, produced by immersion in water, called drowning, and that by strangulation and suffocation by noxious vapours† and lightning,

* It is thus named, because the person dreads the sight or falling of water.

† The many unhappy incidents that occur on the opening of subterraneous places, such as tombs, cellars, vaults, &c. are produced by the quantity of fixed air contained in them, which, being unfit for respiration, occasions immediate suffocation. This air is considerably heavier than common air, hence it occupies the lowest situations, such as wells, caverns, &c. From the famous lake of Averno, where Virgil placed the entrance of hell, this air is exhaled in so large a quantity, that birds cannot fly over it with impunity. Before a person enters a vault or cell that has been for some time shut up, or descends a well, the experiment should be made whether a candle will burn in the atmosphere of the place; for ignition and respiration are so very similar, that the same air that will support the one will also the other. The best method of rendering the air of such places fit for respiration, is to explode in

are very similar, and require the same resuscitative means. As in poisons, so in cases of suspended animation, what is necessary to be done should be done quickly; therefore, on the first alarm of any person being drowned or suffocated, while the body is searching for, or conveying to the nearest house, the following articles should be got ready, viz. warm blankets, flannels, a large furnace of warm water, heated bricks, a pair of small bellows, warming pan, sal volatile, clyster pipes, and an electrifying machine. In conveying the body to the house the head and chest should be placed rather in a reclining position, that in case any water should have got into the lungs it may run out at the mouth, which the motion in carrying the body will accelerate. The head, however, should not be kept much lower than the shoulders, or even in a reclining position many minutes, otherwise the blood will gravitate in such quantity into the vessels of the head, as very considerably to impede the restoration of life by compressing the brain.

The body being placed on warm blankets, in a spacious room with a good fire, and only five or six attendants, the first attempt* should be to restore heat and the cir-

it some gun-powder in proportion to the size of the place; for this purpose the fire-works, named Bomb and Cracker, will answer best, as they may be thrown to the bottom of the well or end of the vault, &c. To purify the air of the vaults at Dijon, M. Morveau threw in bottles of muriatic acid with such force that the bottles might be broke and the acid spilt in the place; but this experiment was made to correct putrid effluvia, and not fixed air. If nitric acid were employed in the same manner, it would not only destroy putrid effluvia, but render fixed air fit for respiration by disengaging a quantity of vital air.

* If the suspension be occasioned by noxious air taken into

culation of the blood by friction, with warm flannels, or bladders, filled with warm water, to the pit of the stomach, and soles of the feet. Ether and other spirits, recommended by the Humane Society, for external applications, are very hurtful; the degree of cold produced by their evaporation* must considerably tend to frustrate the intention of friction.

The attempt to restore the important functions of the lungs,† should be made by forcing a quantity of air from a bellows through one nostril;‡ the other and the mouth

the lungs, the first object must be its expulsion, by compressing the ribs and bowels so as to press up the diaphragm. The air will be thus in a great measure expelled, and on removing the pressure, the atmospheric air will rush in, when the heart generally begins to flutter, and life gradually returns.

* It is a well known fact, that an animal may be frozen to death by sprinkling ether over the surface of the body, its evaporation carrying off the vital heat.

† Dr. Cullen, in a letter to Lord Cathcart on the subject of suspended animation, says, that very often the water does not enter the lungs in any material quantity, and that death ensues in consequence of the stoppage of respiration, and the consequent ceasing of the action of the heart, whereby the body looses its heat and vital principle. Mr. Hunter, in the Philosophical Transactions, vol. xlvi. advances the same theory, and asserts that the restoration of breathing is all that is necessary to restore the heart's motion.

‡ During this process, it will be proper to draw the end of the tongue a little way out of the mouth, in order to elevate the epiglottis, which, at the same time, by opening the larynx, will much facilitate the admission of air into the lungs, which otherwise would more readily pass down the gullet into the stomach, the distention of which, forcing up the diaphragm, will in some degree, elevate the chest, and give the appearance of

being kept closely shut, an assistant should gently press down the ribs, as soon as their elevation indicates a distention of the lungs, and this alternate inflation and compression should be continued some time, so as to imitate natural respiration; the friction of the body, &c. being still continued by the other assistants.

The action of the heart should be excited by passing through its region gentle electric shocks, from the left to the right side, and from the front to the back alternately.

The bowels should be fomented and stimulated, by throwing up a quantity of warm water, with a handful of common salt dissolved in it, which may be done with a clyster-pipe and bladder. The injection of tobacco fumes up the fundament, recommended by the Humane Society, from the narcotic quality of the herb, is more likely to prove hurtful than otherwise. It is strange an herb, noted for its extraordinary effects in diminishing the vital functions, should be proposed as a stimulant in cases of their suspension.*

A slight agitation of the body, every six or ten minutes, will act as a great auxiliary to those means.

Bleeding, having a tendency to weaken the force of the circulation more than stimulate it, should be employed only when deemed necessary by a medical practitioner. When, however, there is an evident congestion of blood in the vessels of the head, which is generally produced

the air having entered the lungs, and thus deceive a person unacquainted with anatomy. Great care, however, should be taken that the air does not escape through the mouth on account of the drawing forward of the tongue.

* The fumes of tobacco thus administered in cases of spasmodic affections of the bowels and strangulated hernia, I have known in many instances to destroy life in a few minutes.

by strangling, the opening of the temporal artery will prove very beneficial, and should not be delayed.

The brain and nervous system may be stimulated by applying electric sparks to the head and the surface of the body. On the appearance of any symptom of returning life, a tea-spoonful of sal volatile, or a table-spoonful of warm brandy, should be got into the stomach at once, or by small quantities, frequently repeated.

If, after a vigorous employment of these means for the course of two hours, there should be no symptom of returning life, and any brewhouse, or warm bath can be obtained, the body should be carefully conveyed to such a place, and remain in the bath, or surrounded with warm grains or ashes* for three or four hours: but if not, the plan proposed should be persisted in for an hour or two longer, there being instances of lives having been restored after three hours unremitting perseverance.

I was, some time since, successful in restoring a poor woman, who had unfortunately slipped into the Thames off a plank, and from every information I could obtain, she must have been under water nearly half an hour. Being fortunately on the spot, the methods above suggested were immediately had recourse to. The case (Mrs. Bloxham, of Bankside) was published by Dr. Haws, in the reports of the Humane Society, and the anniversary meeting adjudged me the honorary medallion.

* Tissot mentions an instance of a young girl who was restored to life after she was taken out of the water, to all appearance dead, by laying her naked body in hot ashes; after remaining in that situation half an hour, the pulse returned, and she soon afterwards recovered speech. This author also relates the case of a man who was restored to life after he had remained *six hours* under water, by the heat of a dung-hill!!

If the subject be very young, it may be placed between two healthy persons in a bed; the natural vital warmth has in this manner proved, in many cases, successful.

The apparatus for inflating the lungs, and the drag, recommended by the Humane Society, should be more generally kept at public or farm-houses, near to rivers and canals, as I have known many lives to be lost for want of the latter.

The means recommended for the recovery of drowned people are equally applicable to a number of cases where the vital functions appear to be only suspended, such as convulsive and fainting fits, suffocation from noxious vapours and spasmodic affections of the lungs, strangling, intense cold, blows or falls, &c. &c. and when they have been neglected there is little doubt but that the principles of life have been revived in the body by the heat and pure air of the earth after its interment.

Treatment of a Fit of Intoxication.

Different acids have been recommended to correct the inebriating power of spirituous and other liquors, but it is much to be doubted whether they ever produced any effect independent of the diluting liquor in which they were given. The recovery of the person must chiefly depend on evacuating the stomach, which is best done by forcing down a quantity of lukewarm water, and provoking vomiting by irritating the fauces with a feather, or pushing a finger into the gullet. If the person have so far lost the power of sense and motion as to be unable to help himself, he ought to be placed in an arm chair that will secure him from falling, and the neckcloth and collar of the shirt immediately loosened. The doors and windows of the room should be thrown open for a free

ventilation, and all visitors, except assistants, excluded, and whatever may add to the heat of the body should be carefully avoided.

An horizontal position, as lying on the floor or bed, favouring the influx of blood into the vessels of the brain, should be avoided if possible; in case he cannot be kept in a chair, the head and chest should be elevated by pillows, and inclined a little to one side to facilitate vomiting. If the face be much swelled and unusually flushed or bloated, the breathing laborious, the eyes fixed and theirblood-vessels distended, the danger of apoplexy may be apprehended; to avert which it will be necessary to extract blood from the temporal artery, to put the feet in warm water, and administer an acrid clyster of common salt and gruel, and to use every means to promote vomiting.* Throughout the whole paroxysm the application of vinegar, spirit of wine or ether, to the temples and front and back part of the head is very serviceable; the cold produced by the evaporation, checks the determination of blood to the head, and moderates the heat

* Vomiting, under an impending apoplexy, has been considered a dangerous practice by some inexperienced physicians; but I have long made the observation, that spontaneous vomiting is a certain relief when there is every sign of instant apoplexy; it is, therefore, fair to imitate that effort by art, and which ample experience fully justifies. Indeed, those practitioners who have cavilled most at this practice, have produced no fact to controvert it, their dislike resting *solely* on theoretic opinions. To these opinions, fortunately, the operations of nature do not bend, for if we are to suppose it dangerous to evacuate the loaded stomach of the inebriate, vomiting, at any time, must be considered an operation not only inexpedient but to a certainty hurtful.

and velocity of the circulation in the brain. The common application of pungent smelling-salts, or spirit of hartshorn to the nostrils by stimulating the brain, is very improper.

People often lose their lives in a fit of intoxication from an inability to conduct themselves, hence they often fall down in an awkward posture, the head being generally bent under the body, which prevents the return of blood from the head, and considerably obstructs, if not totally stops, respiration, and continue in this situation till the living principle be extinguished. It is to be suspected that most of the travellers, who perish among snow, are of this description; fool-hardy under the false courage of dram-drinking, they sally out in the dark to explore their way, and quickly lose the road from the change of objects, which falling snow or snow already fallen occasions. The dram in this situation of distress only helps to accelerate death: it assists in bringing on drowsiness and sleep, which leave the body to be sooner weakened by the cold, and the unfortunate traveller sleeps " ne'er to wake again."

The resuscitative means already recommended for the recovery of drowned people should have a fair trial before a body so found be pronounced dead, as it is impossible to say, under such circumstances, what time had elapsed since he last breathed; for although the limbs may be cold and stiff, the heart may still remain warm and excitable, so that on restoring heat to the body by friction and inflating the lungs, the vital functions may again be put into motion. The body should not, however, be suddenly exposed to the heat of the fire, or put into warm water, till there are no hopes of recovery by the other means.

Directions for Phlebotomy, or Blood-letting.

This operation being so frequently performed by farriers and barbers, it is generally regarded by the public as trivial with respect to its execution. However, whether we consider its influence on the system, or the niceness of the mode employed for effecting it, every practitioner of character must agree, that it is nearly equal in importance to any operation in surgery; and hence many expert surgeons have almost an invincible dislike to it, while the person ignorant of the great nicety, steadiness, and exactness necessary, as well as its effects on the constitution, perform it with the greatest freedom, but not with uniform success; as is proved by the many melancholy cases that are constantly being admitted into our hospitals in consequence of the ignorance of the operator, either by wounding a tendon or puncturing an artery.*

When the object is to lessen the general mass of blood,

* A blacksmith, in Herefordshire, who was bleeder to his own and the surrounding parishes, was requested by his wife to take a little blood from her arm on account of some slight indisposition. The lancet having unfortunately penetrated the brachial artery, and not being able to stop the flow of blood by his usual means, he had recourse to pressing over the orifice cob-webs and lint, which proving ineffectual, he was induced to force through the wound at different times, at least half an ounce of lint. The blood still continuing to ooze out, and the arm considerably to swell, he thought proper to send her to the Hereford infirmary, but the inflammation had so far extended to the chest and neck, and mortification having commenced, amputation was rendered impracticable, and the poor woman died the following day.

the superficial veins on the front of the arm, over the bend of the elbow, are not only more safe and convenient for opening, but experience has proved that the blood flows more freely from them, which, in many acute diseases, is of great consequence; for it is a well established fact, that the speedy extraction of blood is more beneficial than double the quantity taken from a small vein or orifice.

The person being properly seated in a good light, a bandage should be tied round the upper arm about three fingers'-breadth above the elbow, sufficiently tight to compress the veins so as to prevent the return of blood, but not so tight as to prevent its passing by the brachial artery; for after the ligature is applied, the pulse should continue to beat, otherwise the vein will not bleed after it is opened. A vein of moderate size, under which no beating or tendon can be discovered, should be choosen; direct the patient to extend the arm, and if the vein do not rise well, to shut his hand or grasp a stick: the arm of the patient is then to be taken into the left hand, and if the vein appear loose under the skin, the thumb should be placed on it about an inch and a half or two inches below the part the puncture is intended to be made; then, the lancet being firmly held between the fore finger and thumb of the right hand, is to be steadily introduced into the vein obliquely, and taken out by elevating the point so as to enlarge thepuncture: when the quantit of blood judged sufficient has flown, remove the ligature; take great care to bring the edges of the orifice in close contact; then lay a compress of folded lint or fine linen over it, and bind up the arm with a riband. The right arm is more convenient to the operator than the left. If the patient be subject to faint during or after the evacuation of blood, an horizontal posture, either on a bed

or couch, ought to be preferred. In some diseases, however, as strangulated hernia, inflammation of the brain and lungs, &c. it may be deemed advisable to induce fainting; for it is an admitted fact, that when bleeding produces a degree of deliquium or fainting, it proves much more serviceable in those and other inflammatory complaints. It will, therefore, in some cases, be proper that the body be placed erect on a chair, as most favourable for inducing this effect. There are often so many unpleasant circumstances happen, not only during the operation, (as the cellular membrane blocking up the orifice, the blood passing under the skin, &c.) but from the loss of blood, that it should only be performed by, or at least with the consent of, a medical practitioner; for, as an old physician has justly observed, "it is taking away what medicine cannot give." In internal bruises, occasioned by severe falls, it is certainly necessary the patient should lose blood immediately; when, therefore, the aid of a surgeon cannot be readily obtained, the advantage that would result from the immediate extraction of blood may, in general, more than counterbalance the mischief that may ensue from the operation not being judiciously performed. In sudden attacks of apoplexy, inflammation of the lungs, pleurisy, and other internal inflammations and inflammatory fevers, attended with determination of blood to the head or lungs, the speedy loss of blood is often of considerable importance, but as the topical extraction may prove more beneficial than general bleeding, even in such cases it will be advisable to defer it till the practitioner arrives.

The symptoms of plethora, and particularly the fulness of pulse, on which popular medical writers have laid so much stress as to the propriety of bleeding, are often very fallacious; for inflammation of either the lungs,

brain, or bowels, is often attended with a small and feeble pulse, which after the loss of blood, will become full and strong; hence again in apoplexy the pulse is rendered feeble by pressure of the brain, which frequently after the evacuation of blood will often so far rise as even to indicate plenitude and strength; and it often happens in dropsical complaints, where the loss of blood would prove fatal to the patient, the pulse will beat with unusual strength. The pulse, likewise, of an old person will feel hard and firm from the rigidity of the coats of the vessels; hence the learned Celsus justly calls it "res fallacissima;" and Dr. Heberden, in the London Medical Transactions, has published some ingenious observations to show how little it is to be depended on alone.

Periodical blood-letting is an error very common amongst the lower orders of people, and I conceive extremely inimical to the constitution. Bleeding is unquestionably a remedy of the greatest importance in a number of diseases, but like all others has been much abused, and perhaps in few instances more so than in that which relates to this absurd custom. A celebrated author observes, "that he who wantonly or capriciously squanders this vital fluid, obstructs, and as it were cuts off the sources of his support and regeneration. The most essential and constituent parts of the human frame are formed from the blood, and though it be true that the blood evacuated by periodical bleeding is soon reproduced by the activity of the vital powers, yet this restoration is only brought about with considerable efforts, and at the expense of the whole machine." In most inflammatory affections, as I have already observed, bleeding, regulated according to circumstances, is often of greater importance than any

other remedy, and doubtless saves the lives of many; but those persons who, from a notion of preventing diseases, suffer themselves to be bled regularly once, twice, or oftener in a year, whether they are indisposed or not, ought to be informed, that they are using means which, if persisted in, are likely prematurely to bring upon them those very diseases which they profess so much to dread, and appear solicitous to avert. Whether the habit has been already established, it may be safely and easily overcome by substituting in the place of bleeding at those periods a gentle purgative or two, and adhering for some time to a less stimulating and more sparing diet.

Of substances lodged in the Gullet, or taken into the Stomach.

When a foreign substance is lodged at the top of the gullet, it may in general be removed by the fingers, or a pair of forceps; but when it has descended far down, it will be necessary to push it into the stomach, by introducing a probang (made with a piece of soft sponge fastened to the end of a slip of whale-bone); but if the article swallowed be sharp pointed, or has acute angles, this operation must be conducted with great care, as by the employment of much force it may be made to penetrate the substance of the gullet, which, in cases of pins, needles, nails, or sharp pieces of bone, is not an unfrequent occurrence.

When the article has passed into the stomach, whether it be sharp pointed, angular, or large, no means should be taken to hasten its passage through the alimentary canal; for if it be sharp pointed, it will be less likely to injure the intestines by passing gently with hard fæces, than by being hurried through them with liquid ones;

and if it be large, as a shilling, a halfpenny, a bullet, or fruit-stone, it will require some time to pass through the orifice of the stomach (termed the pylorus) into the intestines, and the more gradually it makes its way, the less mischief is likely to ensue. When this practice has been pursued, I never knew any serious consequence to acrue from the swallowing of such articles; but have frequently known much mischief to follow the exhibition of aperient medicines, with a view to carry them off more speedily by stool.

If the article be metallic, as lead, copper, &c. it will be advisable to avoid the use of acids, till it has passed through the intestines, and to correct and prevent acidity, by taking a little magnesia every morning.

Emetics should never be given without the sanction of an experienced physician or surgeon.

The late Dr. Buchan, in his Domestic Medicine, observes, that if the various means he has suggested to hook out substances lodged in the gullet, should fail, the operation of "bronchotomy, or opening the wind-pipe, must be performed." What advantage, however, can possibly be derived from making an opening into the wind-pipe to remove a substance retained in a different tube, must puzzle an anatomist to conjecture. Should an apothecary, not conversant with the structure of the parts, be induced, by the great agony and apparent danger of the life of the person, to follow this author's advice, and after making the incision into the wind-pipe, and not finding the obstructing body there, should cut down to it, the life of the patient would very likely be destroyed.

When the substance cannot be removed, and the patient's life is endangered from the want of due nourishment being thrown into the system, œsophagotomy,

or making an incision into the gullet may be necessary; in performing which, the wind-pipe is not wounded. On account of the imminent hazard attending this operation, from the great blood-vessels that lie contiguous to the part, it is never practised but in cases of the utmost danger, and should be trusted only to surgeons of approved experience. Under such circumstances, nourishing clysters have been known to support life for many weeks.

Of Substances and Insects lodged in the Ear.

Although the formation of the external parts of the ears and viscid nature of the internal secretion are admirably calculated to prevent flies or foreign matter getting into them, yet it happens that much distress is induced thereby. Children often push small peas, fruit-stones, &c. and other such articles into their ears, and flies and other insects frequently creep into them, and by touching the tympanum, produce as much noise to the person as the explosion of a cannon. They may in general be removed with facility by a common forceps; when the substance, however, is round, it may be more readily turned out by means of a curved probe, the end of which should be passed behind it; when the article is large or much enlarged, a little oil should first be dropt into the ear.

When insects have got so far into the ear that they cannot be taken out with forceps, the best method of removing them is to wash them out by throwing in quantities of warm water or any other mild liquid, by means of a syringe. If it adhere with firmness, which they often do while living, the ear may be filled with oil or brandy, and kept in for some time (by the person resting his head upon the opposite side) for the purpose of killing

it, after which it may be readily removed by forceps or a curved probe.

Peas and other soft bodies which swell with moisture, are so apt to become large by remaining in the ear, that they should be removed as soon as possible. When it has been neglected, and the substance cannot be taken out from its enlarged state, it must be divided with the points of a pair of scissars, or a sharp small hook cautiously introduced along the passage, and as soon as sufficiently divided, it may either be removed by piece-meal with the forceps, or washed out with a syringe. In the same manner peas and other extraneous bodies may be removed from the nostrils.

The ordinary Management of Children.

On examining the general bills of mortality, the melancholy fact appears, that no less than one half of the children born in this country absolutely die before they become of the least use to the community or themselves.*

This extraordinary mortality of infants being peculiar to the human race, one would have supposed would have roused the attention of the ancient physicians;† it was not,

* The average of the bills of mortality for ten successive years, in London and its environs, demonstrate that more than one half the children born within their limits, die under seven years of age. In Manchester and Birmingham the proportion is nearly the same, but throughout the country very considerably less. Some have estimated the death of children in London to be at least double that in the country.

† It is remarkable that there was not a rational treatise on the management of children published in this country prior to that of Dr. William Cadogan, in the year 1776.

however, till late years that its source has been properly investigated, and the consequence is, that many of the vulgar errors in nursing, which have been handed down from time immemorial, and no doubt have been productive of incalculable mischief, are in a great measure done away, or at least so far eradicated, that nature and reason begin to take place of prejudice and ignorance. This great calamity is justly ascribed by those physicians who have paid particular attention to the management and diseases of children, viz. Dr. Cadogan,* Dr. Alexander Hamilton,† Dr. Clarke,‡ and Dr. Keighley,§ to wrong management during the first and second years of their infancy, viz. to their "*being both fed and clothed improperly.*" That the present method of nursing is wrong, certainly needs no other proofs than the frequent miscarriages attending it, the death of many, and the ill health of those that survive. This may in some degree be a natural evil, but the majority of instances may be justly attributed to neglect or officiousness; for the brute creation, guided only by instinct, attend to the dictates of nature, and therefore few perish until the natural limits of their existence be complete; while man, the child of art and refinement, proud of his boasted reason, is very liable to err.‖

* In a Letter to a Governor of the Foundling Hospital.

† In a late Treatise on the Management of Female Complaints.

‡ Lectures on the Diseases of Children.

§ Complete Treatise on the Management and Diseases of Children.

‖ Whatever the advantage of modern refinement may be to society, the life of man is certainly abridged by it; for the savage is not only exempt from a number of diseases to which civilized man is subject, but rarely dies till he has run his natural course.

The Clothing of Children.

The first great mistake arises from the prejudice of nurses, in loading and binding children with flannels, swathes, stays, &c. almost equal to their own weight, which render a healthy child so tender and chilly, that it cannot bear the external air;* and if by accident it should be exposed to a refreshing breeze, the consequence is frequently a serious inflammatory affection of the lungs or bowels; or if the child should survive the first month, it is then sent into the country, to be reared in a house that admits the weather from every quarter. A newborn infant, being naturally warmer than an adult, requires in proportion less clothing, which should be put on so loose, that the bowels may have room, and the limbs liberty to act and exert themselves, that the circulation of the blood, through the superficial vessels, may not be impeded, or malformation or unnatural swellings be produced by partial compression. To the latter is doubtless attributable the many distortions and deformities,† particularly among females, who suffer more in this respect than males. The great pleasure a child manifests, on being divested of this superfluity of dress,

* The clothes of children should, in all cases, be proportioned to the climate and temperature of the atmosphere.

† The negro children in the West Indies are suffered to lie and tumble about on the floor from their earliest infancy, perfectly naked; and with all the hardships they undergo at every period of life, there is hardly a deformed negro to be seen; a convincing proof that the compressure of clothes is a means of producing deformity, when we see on the other hand so many victims of it in this country.—Keighley on the Treatment of Children.

by all its powers of expression, would be sufficient to convince nurses, were they capable of making just observations, that the free use of its limbs, &c. are more agreeable to its feelings, as well as necessary for their growth and strength.

A flannel waistcoat, without sleeves, made to fit the body and tie loosely behind, to which a petticoat may be sewed, and over this a kind of gown, both of the same thin light and flimsey materials; the petticoat should not be quite so long as the child; the gown a few inches longer; with one cap only on the head, and the linen as usual, I think abundantly sufficient for the day, laying aside all swathes,* bandages, stays, and those contrivances that are most ridiculously used to close and keep the bones of the head in their place, which, by confining and compressing the brain, have no doubt been productive of very serious mischief to that organ, and not unfrequently the fatal disease commonly termed Watery Head. Shoes and stockings are likewise unnecessary encumbrances; the latter keep the legs wet and nasty, if they are not changed two or three times a day, and the former too often cramp and hurt the feet, so as to prevent their learning to walk. Children in this simple dress would be perfectly easy, and enjoy the free use of their limbs† and faculties. They should be put into it

* It sometimes, however, happens that a portion of intestines protrudes at the navel, through violent or much crying of the child; in which case a soft broad piece of thin flannel, in the form of a roller, is necessary. It should never be made too tight, otherwise it may not only hurt the bowels, but perhaps produce rupture at the lower part of the belly.

† The unnatural custom of confining the limbs of the child during night cannot be too much reprobated or guarded against

as soon as they are born, and continued in it till they are three years old, when it may be left off for any other more genteel and fashionable. They ought to be changed at least every day, to keep them free from sourness, which is both offensive and prejudicial to the tender state of infancy. The night-dress should be only a loose flannel shirt, and less in quantity than those which are worn during the day, otherwise the child will be very liable to be affected with cold and complaints of the bowels. Tape should be used instead of pins in putting on their napkins.

The Feeding of Children

Is of greater importance than their clothing. Great care should be taken that their food be wholesome and good, and such quantity only as the body requires for its support and growth. In the business of nursing, as in physic, we should endeavour to follow the dictates of nature. When a child is born, it is full of blood and excrement; its appetite and senses awake, and require some intermediate time of abstinence and rest to compose and recover the pressure and struggles of the birth; and the little fever produced from the revolutions it undergoes by the process of delivery. If the child have sustained no injury, it will soon fall into a sweet sleep of six or seven hours, when it will awake, refreshed and hungry; it should then be put to suck;* if there be no

by parents: a simple contrivance to prevent the child from rubbing or scratching its eyes, is often necessary; but the confinement of the legs can, on no account, be justified.

* If the nipples of the mother be short, they should be first drawn out by the nurse, and in case of being tender it will be

milk, the sucking of the infant will, in an hour or two, infallibly bring it, and if nothing else be given, the child will grow strong, and the mother perfectly recover in a few days. The general practice* of forcing down a child's throat, as soon as it is born, a lump of butter and sugar, or a little oil, with a view to cleanse the bowels, is exceedingly pernicious. The mother's first milk is of a purgative nature, and cleanses a child of its long hoarded excrements without griping or disordering the stomach and bowels; and no child can be deprived of it, without very manifest injury.† By degrees the milk becomes less purgative and more nourishing, and is unquestionably the best and only food the child likes or

proper to wash them with a little brandy, instead of the poisonous preparation of lead, recommended by quacks and officious nurses. If the mother have small, tender, or ulcerated nipples, the prepared nipples (from the teats of calves) will enable her to give suck with great comfort. These nipples are very delicately prepared by Mr. Mason, and with care will last many years. I have, in a number of instances, found them to answer when the mother, through ulceration or total deficiency of nipple, could not otherwise have suckled her infant. The ease and advantages they afford are so very considerable and important that it is much to be regretted they are not better known to the faculty.

* A lady of respectability was very near losing her infant lately through the nurse giving it, soon after it was born, a table-spoonful of water, in which the end of a red hot poker had been put for a few minutes; this was done as she stated to prevent the thrush.

† If the infant has been deprived of the first milk, by some untoward circumstance, a little oil of almond or fresh castor oil may be given for the purpose of cleansing the bowels.

ought to have, for at least three months. The call of nature should be waited for, to feed it with any thing more substantial; and the appetite ever precede the food, not only with regard to the daily meals, but those changes of diet which increasing life requires.

Nine in ten of the diseases of children may justly be imputed to the mistakes of nurses, both in quality and quantity of food. With respect to quantity, it is a most ridiculous error to suppose, that whenever a child cries, it wants victuals, and thus to feed it twelve or more times in the course of a day and night. If the child's wants and motions be diligently and judiciously attended to, it will be found it seldom if ever cries but from pain. Children no doubt suffer very acute pain from spasms in consequence of the over-distention of the stomach by food; the nurse, notwithstanding, in order to pacify it, will persist in forcing down its throat fresh quantities, or otherwise with the same view, it is put to suck, which will often relieve it by producing vomiting. If the stomach be frequently supplied with food, or be over-loaded, it is impossible that it can go through the process of digestion; and hence by undergoing a kind of fermentation, a quantity of air is disengaged, and a strong acidity produced, which by exciting spasms and irritation throughout the intestines, give rise to inward fits, convulsions, and often inflammation of the bowels. The sensation of hunger being unattended with pain, a very young child will make other signs of its wants before it will cry for food. If it be healthy and quite easy in its dress, it will very rarely cry at all. Children that are fed only three or four times in twenty-four hours, are more healthy, active, and cheerful than those who are never suffered to be hungry. The great fault in the quality of the food, is its not being simple enough. The addition

of sugar, spices, and wine to their pap, and gruels and panadas is unnecessary; it was first only introduced by luxury, to the great destruction of the health of mankind. A child should not be kept entirely on vegetable food; from its tendency to fermentation in the heat of the stomach, and to its consequent acidity, the first and general cause of all their diseases is to be attributed. As we are partly carnivorous animals, our offspring should not be deprived of that food which corrects the acescent* quality of vegetables. The mother's milk, when good, is certainly a mixture of vegetable and animal properties; in the due proportion of which consists that salubrity of aliment our nature seems to require. I would advise, therefore, that one half of infants' diet be thin and light broth, with a little arrow-root, bread, or rice flour in it. The admixture of animal jelly, with that of the arrow-root, recommended under the head of arrow-root, is likewise an excellent combination for weakly children. The other part of children's diet may be a little toasted bread, or tops and bottoms, boiled with a little water, almost dry, and then mixed with fresh milk, not boiled, the properties of the milk and its taste being much changed by heat. This, without sugar, spices, or any other pretended amendment whatever, will be perfectly light and wholesome. A sucking child may be fed twice a day at first, and not oftener: once with the broth and

* When this acid corruption of food predominates, which is obvious from the crude, white, or green stools, gripes, and purgings occasioned by it, a little magnesia, in mint water, will prove the best remedy; or if attended with much pain in the bowels, known by the child's kicking and drawing up its legs, the absorbent mixture, No. 73, will prove more serviceable than magnesia alone.

once with the milk thus prepared, in quantity just to satisfy its hunger. They should always be fed in a sitting posture, that swallowing may be more easy to them. If a child be not accustomed to feeding at night, it will not want it, but get into a habit of sleeping all or most part of the night, very quietly, only waking for a few minutes, when it is wet and wants changing. It is night-feeding that makes children so over fat and bloated. At the end of twelve months, the child should be weaned, by insensible degrees, that it may neither feel nor fret for the want of the breast.

Strong liquors of all kinds should be scrupulously avoided. The custom of giving children spirits in its food, or in the form of toddy, with the supposed view of preventing gripes, is very pernicious. Such liquors, although well diluted, applied to their tender digestive organs, must unavoidably impair their functions, and may lay the foundation for a train of the most dangerous complaints. It has been urged in favour of this horrid unnatural practice, that many children, accustomed to a little spirits from a few days after birth, continue to thrive uninterruptedly; but such arguments only tend to prove that the vigour of constitution in these children was so great as to resist the usual effects of strong liquors.

Was this plan of nursing literally pursued, the children kept clean and sweet, tumbled and tossed about a good deal, played with and kept in good humour, and carried out every day when the weather would admit of it, I am confident in eight or nine months' time, most children would become healthy and strong, and able to sit on the ground without support, to divert themselves an hour at a time, to the great relief of their nurses, would very readily find the use of their legs, and very soon shift for themselves. By this method of nursing likewise, here-

ditary diseases may be avoided, and in a generation or two, every taint and infirmity, the king's evil and insanity not excepted, may be worn out. It is a duty incumbent on every father to have his child nursed under his own eye, and to make use of his own reason and senses in superintending and directing the management of it; and that of the mother to suckle it herself; if she be healthy it will confirm her health, if weakly it will, in most cases, restore her.* It need be no confinement to her, or abridgment of her time; three or four times in twenty-four hours, will be often enough to give it suck. It may be fed and dressed by some reasonable servant, that will submit to be directed, with whom it might likewise sleep. No other woman's milk can be so good for

* It must, however, be admitted that the luxuries which modern refinement has introduced in the manner of living, although they may not prevent every woman from being a mother certainly render many very unfit for the office of a nurse; but when the mother is of a strong constitution, she is unquestionably the most proper nurse, and ought to be advised to undertake the task on account of her own health as well as that of her infant. Whenever any other milk is to be substituted, that which approaches nearest to the human milk should be adopted. The milk of women differs in some respects from that of most other animals: it is light, thin, and at the same time highly nutritious, containing a greater proportion of sugary principle than that of other creatures. From its small quantity of crud, it is also more easily digested. Ass's milk, in these respects, resembles most the woman's, and next to it the mare's, then the cow's, and then the sheep and goat's.

It is worthy observation, that mothers who have neglected to suckle their offspring are most subject to cancerous complaints of the breast and womb, and diseases of the lungs and brain.

her child; and dry nursing is the most unnatural and dangerous method of all; and, according to some late calculations by physicians, who have been in the practice of midwifery and attending children upwards of forty years, not one in three do well.

Exercise of Children.

Without a proper degree of exercise, all our care in feeding and clothing infants will not succeed to our wishes, till, by due degrees, a child is brought to bear a good deal of exercise without fatigue. It should be pushed forward and taught to walk as soon as possible, so that at the end of twelve months, it may (if healthy) be capable of walking alone. It is a vulgar error to suppose children are not to be put on their legs, because they are weak or the least bent or crooked; daily experience shows crooked legs will grow, in time, strong and straight by frequent walking,* and that disuse makes them worse. The walks should be gradually increased every day, till they can walk two miles without weariness, which they will very well be able to do in three years, if they be accustomed to it properly. From this daily exertion, they will, from the impulse of their own active vigour, soon be found running, leaping, and playing, all day long.

* Every member acquires strength in proportion as it is exercised; and children by being accustomed to support themselves, will soon acquire strength for that purpose. When, however, the limbs are much curved, and evidently grow worse as the child is put more to bear on them, instruments may be necessary, not only to support the weak bones, but also to prevent the pressure of the body falling too much on them. (See Rickets.)

Thus a dull heavy child may be made playful and sprightly, and a weakly one healthy and strong, and confirmed in good habits and permanent health.

There are some other little niceties, which were they observed in the nursing of children, would be of some service to them, such as making them lie straight in bed; I do not mean extended like a corpse, but that their limbs may be free and easy. They should be taught to use both hands alike; for employing one more than another,* will make the hand and side of the body bigger than the other, and is often the cause of crookedness; neither

* On this absurd custom both of parents and nurses, the ingenious Dr. Walker Keighley observes, "Great pains are generally taken by mothers that their children should not be *left handed*, by which injudicious anxiety they are prevented from the full use of that member. Nature has given us two hands alike in form, equal in strength, and equally calculated for exertion; but by the present practice, this gift is in a great measure abandoned, and one of them comparatively rendered inefficient. Were the same trouble taken to make children use only their right eye, the consequence to the left eye would be exactly similar. If, therefore, I have the good fortune to persuade sensible mothers to amend this universal error, I shall enjoy the satisfaction to think that I have in no small degree contributed to the good of society. I would recommend that children, from their earliest infancy, be habituated indiscriminately to use both hands, to alternate them in all their little manual occupations, and when sufficiently grown, they should be encouraged to cut their meat, and employ their exertions with either hand. Swinging what are called dumb bells is a most useful exercise in this respect, as strengthening the arms, opening the chest, giving muscular action to the body, and invigorating the whole system. Every one must be sensible, how

should they be always laid on the same side, nor carried constantly on the same arm. It would likewise not be amiss to forward their speaking plain, by speaking plain distinct words to them, instead of the jargon generally made use of by nurses.

Dr. Hamilton condemns the use of cradles for children, on account of their being improperly used by nurses. This author recommends a crib, to be so constructed as to be fixed to the side of the bed during the night, and to be easily carried from one room to another during the day: it must not be made to rock; but, in cold weather, the infant ought never to be allowed to sleep by itself, as heat is absolutely necessary to keep up the vital functions of a very young or weakly infant.

Instructions for the Choice of a Wet Nurse, &c.

It is not sufficient a wet nurse be only clean, healthy, sober, and temperate, but likewise middle aged, because she will have more milk than the very young, and more and better than the old: this is a very material consideration when she has her own child to suckle besides. Those between twenty and thirty are certainly of the best age. Great regard should be had to the time of their lying-in, and those procured who have not been brought to bed more than three months: for nature intending that a child should suck only twelve months, the milk seldom

much habitual exertion adds to the powers of the members employed."

——— " By arts like these
" Laconia nurs'd of old her hardy sons,
" And Rome's unconquer'd legions found their way,
" Unhurt, through every toil, in every clime."

continues good much longer; for about that time, women, though they give suck, are apt to breed again, and some that are very sanguine much sooner; which, and other periodical causes, disturb and affect the milk greatly, and therefore they are not proper for nurses so long after their delivery.*

The nurse's food should consist of a proper mixture of flesh and vegetables: she should eat one hearty meal of unsalted meat every day, with a great deal of vegetables and little bread, and thin broth or milk for her breakfast and supper, and her strongest drink good ale or porter.

If the child have not sucked its own mother, it should have a little purgative physic in a day or two after its birth, to carry off the long-hoarded excrements; for this purpose a little manna may be given it, dissolved in water; or the nurse may take a little lenitive electuary, which, through the medium of the milk, will act on the bowels of the child; by these means, three or four stools should be procured in twenty-four hours.

The child should be kept awake by day, as long as it is disposed to be so, and great care be taken no anodyne quack medicine be given, or means taken to lull or rock it to sleep, or to continue it asleep long, which is too much the custom of wet nurses, to save their own time and trouble, to the great detriment of the child's health, spirits, and understanding.† If the nurse have another

* Every chemical investigation shows, that the milk of a woman varies at certain stages of suckling. If this fact, therefore, be duly considered, how important is it that this nourishment should agree with the child both as to age and its specific quality. Nature and reason equally point out the propriety of a mother's suckling her own offspring where health admits of it.

† Mr. Ring, an able surgeon in London, lately published.

child to support with her own milk, the sooner the child is fed according to the method I have recommended the better, as it is not likely she should have milk enough to support two.

A healthy child may be allowed a little mellow fruit, either raw, stewed, or baked, and the produce of the kitchen-garden, which, in moderation, is perfectly grateful and salutary. As soon as the child has any teeth, it

in a periodical medical work, the particulars of the death of a child who died soon after taking a quack medicine. From the appearance of the stomach and brain of the infant, he had no hesitation in attributing its death to the poisonous effects of the nostrum. The editors of the Medical Observer, a work entirely devoted to an impartial examination of quack medicines, speaking of the practice among the lower order of people of giving them to their children, make the following remark: "So little do this class of people regret the loss of their children, that it is to be feared the observations of a late writer on this species of mortality are but too true, that many of the poor think fertility the greatest curse that can befal them, and in place of wishing their children to live, so far does poverty get the better of natural affection, that they are often very happy when they die. It has been supposed by some great characters, that these kinds of medicine are employed with no other view than a mode of destroying their children, to which no suspicion can attach!! A person in Manchester is said to sell no less than 144 bottles of Godfrey's cordial daily!" The invaluable collection of empirical facts and observations contained in this pamphlet, ought to find its way into every family; for the health of man is surely of too great a consequence to themselves and to society to be exposed to the attacks of the unprincipled empiric, or I should feel inclined to let them enjoy the fruits of their own folly, and to say "Qui vult decipi, decipiatur."

may be used to a little flesh meat, which it will be more fond of than confectionary or pastry wares, with which it should never debauch its taste.

Of the Diseases of Children.

Having observed that the first and general cause of almost all diseases that assail us during childhood, is the acid corruption of the food, and it being easier to prevent diseases than cure them, it will not be amiss to mention in this place a certain preventive, if given in due time.

On the first appearance of predominating acid, which is evinced by crude, white, or green stools, gripes, and purgings, five grains of magnesia, No. 1. combined with two grains of rhubarb powder, No. 26, should be given in a little mintwater, or the prepared natron, as directed, No. 60, which will correct the sourness more effectually than prepared chalk, or Gascoign balls, so generally employed by nurses; and instead of producing a costive state of the bowels, the certain consequence of these cretaceous absorbents, the magnesia and rhubarb, or prepared natron, will gently carry off the offending matter, and at the same time strengthen the stomach and bowels. If the child be supported entirely by the breast, the mother should live more on animal food; and if it be allowed any spoon-meat, it should be the vegetable and animal combination mentioned under the head of arrow-root. In cases of obstinate purging, two or three tea-spoonfuls of the cretaceous mixture, No. 64, should be given every three or four hours. By the *early* employment of these remedies many complaints may be prevented, which, from neglect, grow from bad to worse, and too often end fatally.

Inward Fits.

The spasmodic affections, termed by nurses *inward fits*,

is the first complaint that appears in children, and which most, if not all children, are more or less subject to. The symptoms are, an appearance of being asleep with the eye-lids a little open, the eyes frequently twinkling, with the whites of them turned upwards; the muscles of the face, especially of the lips, are affected with a tremulous motion, producing something like a smile, and sometimes almost the appearance of a laugh. The breathing becomes interrupted, and appears now and then to stop a little, with a considerable fluttering at the heart, and intermission of the pulse, the nose becomes pinched, a pale circle encompasses the eyes and mouth, often becoming livid, and at times disappearing entirely. The child at length becomes so irritable and nervous, that it starts at the least noise, it will then sigh and discharge wind, which affords a temporary relief, and presently relapses into a dozing. Sometimes it struggles very much before the wind is expelled; then vomiting, or a loud fit of crying sets all right again. As the child advances, these fits generally go off by degrees spontaneously; or by mismanagement in their diet, grow worse, succeeded by fever or thrush; or end in vomiting, or sour, curdled, and green stools, and convulsions of the whole body.

Dr. Armstrong, who has fully treated on this disease, and whom subsequent writers have copied, imputes it to a quantity of mucus squeezed out of the mouth of the glands and fauces, by the contraction of the muscles and pressure of the nipple in the act of sucking, which, with the addition of the mucus of the gullet and stomach, mixing with the milk, renders it of a slimy consistence, by which means it is not readily taken up by the vessels for the nourishment of the body; and as there is in most children an acidity in the stomach, the milk is thereby curdled, which adds to the load; hence sickness and

spasms are produced, which, by sympathy, being communicated to the gullet and fauces, occasion the convulsive motions enumerated above. Other authors, who coincide with the Doctor in this opinion, think that they are aggravated, if not produced by air swallowed with the milk in sucking, from the relief a child experiences on the expulsion of air, which, however, was more likely to be generated in the stomach than taken with the milk, which the Doctor, to support his theory, thinks takes place: nor can they be attributed to a corrupt or vitiated state of the saliva, inasmuch as almost all children are more or less affected with them. Besides, if the Doctor were right in imputing the disease to the quantity of mucus swallowed during *suction*, children that are not suffered to suck at all, would be entirely exempt from them, which we find, however, so far from being the case, that children brought up by the hand are certainly more subject to them.

There is no doubt but this complaint is produced by the over-feeding and loading of the stomach with food, which, from the digestive organs not being able to convert into chyle, becomes acescent, and excites considerable irritation in the stomach and intestines. The mechanical distention of the stomach at the same time co-operates in producing spasms, which, extending to the diaphragm, heart, and lungs, will often occasion sudden death.

The cure will, of course, depend on avoiding the occasional cause, and emptying the stomach and bowels by gentle emetics, and the use of calomel, No. 34, or basilic powder, No. 36. In case of violent purging, or gripes, the testaceous mixture, No. 64, will also be necessary; and the warm bath, or a blister on the chest, if the breath be affected. Spirit of hartshorn, sal volatile, tincture of assafœtida, and other stimulating anti-spasmodics, so fre-

quently prescribed in those cases, never fail to aggravate the symptoms, by increasing the irritability of the stomach and intestines.

I have known many instances in which the symptoms have abated, and the fits gradually gone off, on changing the food of the child from a vegetable to an animal jelly, as that of hartshorn shavings, isinglass, or calves feet. If the milk of the mother be ever improper, it is in such cases, where the afflictions of the child disturb her mind, for it is an indisputable fact, that mental perturbation has a very unfavourable influence on the milk.

Convulsions.

Children are more subject to convulsive fits than adults, from the greater degree of excitement of the nervous system. Convulsions originate from such a variety of causes, and of course require such different treatment, that a practitioner of skill and judgment should always be consulted on their first appearance. When they are occasioned by dentition, they are less dangerous.

In all cases of the convulsions of children, great attention should be paid to the state of the stomach and bowels; if they appear to be in fault, the basilic powder, No. 36, will prove of considerable advantage, and often effectually cure them. If they arise from difficult dentition, small doses of liquid laudanum, after the due operation of the basilic powder, will be proper. (See Dentition.) If the consequence of a determination of blood to the head, or that chronic inflammation of the membranes of the brain, which precede the disease termed watery head, blisters to the head and feet, the application of leeches to the temples, and active purgatives are necessary.

Convulsions of children, I believe, are very rarely, if ever, a primary disease, but depend on some local irritation, as cutting of the teeth, worms, bad digestion, &c.

Dentition, or the Breeding of Teeth.

Whatever fever, fits or other dangerous symptoms seem to attend this *operation of nature*, healthy children generally breed their teeth without any such bad attendants, which inclines me to suspect the evil not to be natural, but rather the effect of too great fulness, or corrupt humours of the body put into action by the irritation the tooth produces in breaking its way out.* This I believe never happens without some pain, and probably a little fever, but if the blood and juices be perfectly good and healthy, and there be not too great a redundancy of them, both will be but slight, and pass off imperceptibly without any bad consequence whatever. Care should therefore be taken to keep the humours of the body in this state, by proper diet and exercise.

The period of teething generally commences between the fifth and tenth months,† and the process of the first set, which consists of sixteen, continues for nearly two years.

* Hereditary diseases, which might otherwise have lain dormant, are frequently put into action by the irritation and fever attendant on dentition; hence the first appearance of coughs, rickets, and various forms of scrophula, may be traced to this period. Teething may therefore be considered perhaps the most critical time of the life of a child.

† Children are however sometimes born with teeth, but they seldom or ever last long.

The usual bad, or what may be termed morbid, symptoms produced by this operation of nature, are, restlessness, frequent and sudden startings, especially in sleep, costiveness, and sometimes violent looseness, fever, or convulsions. In general those children breed their teeth with the greatest ease, who have a moderate laxity of the bowels, and a plentiful flow of saliva, or spittle, during the time. A costive state of the bowels, as aggravating the inflammatory symptoms, should be guarded against, by giving a little magnesia and rhubarb, or senna, (See No. 50,) and *immoderate* looseness, which is a frequent attendant, as increasing the irritability of the body, should be checked by giving two or three tea-spoonfuls of the cretaceous mixture, No. 64, or two drops of laudanum, No. 31, in a little mint water, to which six or eight grains of the cretaceous powder, No. 29, or prepared chalk may be added; and if the skin be dry, and the child be feverish, one grain of ipecacuana will prove useful, by producing perspiration. The discreet use of laudanum is a very important addition in this instance; and by allaying the irritability, not only of the gums, but the whole body, will often prevent fever and convulsions. If its frequent exhibition produce a costive state of the bowels, a little magnesia should be given with it, and the cretaceous powder omitted.

At the same time, as children about this period are generally disposed to chew every thing they can get into their hands, they should always have something to play with that will yield a little to the pressure of their gums. The Indian-rubber, or elastic gum, secured round the end of a rattle, I have found, for this purpose to answer best. The repeated muscular action, occasioned by the constant biting and gnawing of such a substance, will increase the discharge from the salivary glands, while the

gums will be so forcibly pressed against the advancing teeth, as to make them break out much sooner, and with less uneasiness than would otherwise happen.* If these means should prove ineffectual, and bad symptoms begin to appear, the inflamed gum should be lanced; and if the tooth be so far advanced as to be distinctly felt beneath the gum, the incision should be made down to it, but not otherwise, as the divided gum by uniting will form a cicatrix that must render its passage more tedious and painful.

Blisters applied to the nape of the neck, or behind the ear, will often take off the irritation of the gums, and thus relieve all the febrile symptoms. If the child, on the contrary, be reduced, with a feeble pulse, it should be supported with cordials and a nutritious diet.

Of Worms.

There is no complaint more frequent among children than that of worms. It is a common supposition that the ova or eggs which produce them are conveyed into the stomach with fruit; but I belive there are few things we eat or drink that do not contain them; I am, however, persuaded they are never hatched, or nourished in a healthy stomach. The best preventive, therefore, for children, is proper food and exercise.

The signs of worms in children are very numerous, such as disagreeable breath in the morning, itching at the nose, irregular appetite, swelled and hard belly, trou-

* The Anodyne Necklaces, as they are artfully termed, can have no effect in cases of difficult dentition.

blesome sleep, grinding of the teeth during sleep, thirst and feverishness, cholicky pains, and often purgings; but as these symptoms are common to other disorders, the only one to be depended on is their being evacuated, and this may be observed with respect to every species. The most effectual and safe remedy for the destruction of worms, lodged either in the stomach or intestines, is the basilic powder, No. 36, according to the direction there specified. (For the description of the different species of worms, their causes, symptoms, &c. see worms in the second part.)

The *spurious worm fever*, as it is termed by Dr. Musgrave, or *infantile remittent fever* by Dr. Butter, is attended with all the symptoms noted above, without the existence of any worms in the stomach and bowels, but arises solely from the indulgence in too great a quantity of food. The attack in this disorder is more instantaneous, and its progress more rapid, the patient often passing, in the space of a few hours, from apparent perfect health to a stupid and almost dying state. In the beginning of this disorder an emetic of ipecacuan powder, No. 23, should be given without delay, and soon after a gentle purge of basilic powder, No. 36, with a view to evacuate the indigested matter and mucus, that remain in the stomach and bowels; if they operate properly, there is seldom occasion for repeating them. If the purging continue longer than forty-eight hours, it should be checked by a few drops of laudanum, No. 31, and if the child be much reduced, two table spoonfuls of the decoction of bark, No. 48, or the solution of the essential salt of bark, No. 24, in port wine, should be given two or three times a day.

Swelling of the Breasts of Infants.

A slight distention of the breasts of new-born infants, from a collection of whitish serous fluid resembling milk, is a very common occurrence in both sexes, and is of little consequence, unless attended with inflammation, which is not unfrequently excited by the preposterous practice of nurses squeezing the breasts with their rough hands, for the purpose of unloading them. If the pressure of the clothes be avoided by their being put on loosely, it will go off gradually, without any medical aid; but in case of much inflammation, the parts may be washed gently three times a day with brandy. Oily applications, with the rubbing employed by nurses, and even recommended by some practitioners, are very improper, and never fail to aggravate the complaint.

If the inflammatory symptoms run high, the most active means should be adopted for its dispersion, such as the application of a leech or two, a discutient lotion of equal parts of brandy and vinegar, applied cold, and an aperient medicine, (magnesia and rhubarb) should be employed without delay, as the formation of matter might not only leave an unpleasant scar, but in the female might injure the gland, so as to render her at any future period unfit for the office of suckling. If the complaint, notwithstanding, advance to maturation, the advice of a surgeon should not be neglected.

Inflamed, or Sore Eyes.

Inflammations of the eye-lids and eyes, especially such as are attended with a discharge of thick matter,

should, in children, be considered of too great importance to constitute a part of domestic medicine, as they frequently terminate in an adhesion of the coats of the eyes, and thus occasion permanent blindness: the advice of an occulist or surgeon of eminence should be taken while there is a prospect of its being of advantage.

A small blister behind the ear, or to the nape of the neck, a leech to the eye-lid, a dose of basilis powder, No. 36, or calomel, No. 34, and the constant application of a lotion made with two grains of white vitriol dissolved in two ounces of water, will often succeed in curing the most obstinate attacks, and cannot produce any mischief. The eye-lids should be opened, and the lotion dropped on the ball of the eye, as well as applied externally, by means of folds of soft old linen.

Galling.

The inflammation, and slight excoriations, that frequently occur in the groin, between the legs, &c. termed galling, are not only painful to the infant, but often perplexing to the nurse, especially if the child be much loaded with fat. It evidently arises from a shameful inattention to cleanliness, and sometimes the use of coarse or new napkins.

The cure may always be effected by ablution with cold water, and dusting the parts with the prepared chalk kept by apothecaries and druggists for the purpose. If it be situated in the groin, or near the genitals, it should (after being washed) be covered with a little fresh spermaceti ointment, to defend it from the action of saline particles of the urine, which often produces much pain, and increases the inflammation; it may afterwards be dusted with the prepared chalk recommended above.

Milk, so frequently employed by nurses as a wash for these complaints, by turning sour on the parts, often excites fresh irritation.

A preparation of lead, termed ceruse powder, is in very general use as a dusting powder for children; it is, however, a very dangerous application, and has no doubt, from being absorbed into the system, been the cause of the death of many children, by producing convulsions and inflammation in the bowels, cases of which I have noticed under the head of Goulard's Extract of lead, No. 30.

In the Domestic Medicine, by the late Dr. Buchan, is imprudently recommended a little sugar of lead to be added to an absorbent powder when the parts are very sore, or tend to ulceration, without the quantity to be used being specified. The Doctor should have known that lead, in a saline state, is a dangerous external application, even for adults and more particularly for infants.

From the inattention of medical men to these particulars in the management of infants, I am persuaded their diseases are often referred to a wrong cause, and their lives absolutely destroyed by the prejudices and ignorance of nurses.

Red Gum

Is an eruption of small pimples on the skin, evident to the touch, generally red, but sometimes yellowish, appearing chiefly on the face, and sometimes on the body and extremities, in clusters or large patches. It is generally considered, by medical practitioners, of a salutary tendency, and it sometimes seems to relieve infants of complaints in the bowels, and difficulty of breathing: but very frequently it is attended with no such advantages.

and may often be traced to some imprudent practice of the nurse, in either washing the infant with brandy as soon as it was born, from a mistaken notion of hardening the skin, or roughly washing it with soap, for the purpose of removing the thick glutinous matter with which all infants are more or less covered when born, and no doubt intended by nature as a protection for the tender skin during its fœtal state, and to defend it against irritation on its first exposure to the atmospheric air; and if it be only removed in such quantity as gentle washing with warm water will take off, it will leave the skin white and healthy, instead of the dark, red, and irritable state occasioned by the spirit,* soap,† and friction employed for its removal.

Whether the eruption be critical or not, no external application should be employed to repel it, but means taken to prevent its sudden repulsion, as avoiding exposure to cold air, and keeping the bowels gently open with small doses of magnesia and rhubarb; and should it by any accident recede, the warm bath and a gentle emetic of ipecacuan will generally succeed in its expulsion. If cough and difficulty of breathing, or a violent affection

* The evaporation of spirits from the surface of the body, whether of an infant or adult, generates such a degree of cold as to check insensible perspiration, and thus may occasion inflammation in the brain, lungs, bowels, or eyes: the practice, likewise, instead of hardening the skin, renders it more tender; it cannot, therefore, be too much reprobated.

† The most simple wash for children is a water in which some almond powder has been rubbed between the hands, or fine almond powder may be used instead of soap: it will, in all cases, answer better than soap, the alkaline salt of which injures the skin, while the almond powder will render it healthy.

of the bowels intervene, medical advice should be immediately resorted to.

Thrush.

This disease appears in white specks on the corner of the lips, the tongue, and back part of the palate, sometimes gradually spreading all over the inside of the mouth, and, from its appearance about the anus, it has been supposed to extend throughout the intestinal canal. Infants brought up by the hand are most subject to this disorder, and to those it does not unfrequently prove fatal.

The late Dr. Buchan was not perfectly correct in describing this disease to consist in a number of small ulcers, affecting the whole inside of the mouth, &c. They certainly are not ulcerations, but, as Dr. Hunter states, a kind of inflammatory exudations, which is confirmed by their falling off, and being succeeded by others. It is evidently the effect of too great an use of vegetable food, especially from being given hot, or with wine or spices. The cure, of course, will depend on a change of diet to a proper combination of vegetable and animal jellies, as directed under the head of arrow root, or the employment of veal-broth or beef-tea, thickened with arrow root or good wheat flour. A costive state of the bowels should be obviated, by occasional doses of magnesia, with either calomel or rhubarb, and the parts affected touched with the following liniment three or four times a day, by means of a large camel-hair brush:

Take of honey of roses one ounce,
Muriatic acid ten drops,
Liquid laudanum forty drops. Mix.

Borax well mixed with honey, in the proportion of one drachm of the former to an ounce of the latter, has

been much recommended, and on account of its consistency, will often answer better than a thin liniment.

When the bowels are much disturbed, and the disease evidently in a progressive state, the life of the child may be considered in such danger as to require the immediate advice of a skilful practitioner in medicine or surgery.

☞ For the treatment, &c. of the other diseases of children, as Croup, Rickets, Measles, Hooping Cough, Watery Head, Cow Pox, &c. &c. see the second part in their alphabetical order.

Lichen Islandicus, or Iceland Liverwort, or Moss.

It appears, by the writings of the Danish physicians, who flourished in the sixteenth century, that the antiphthisical properties of this species of lichen were known to the Icelanders, as far back as the fourteenth. The celebrated Linnæus confirmed its reputation in pulmonary complaints, with much additional information, in 1737; but notwithstanding this respectable testimony, it was not much employed, till Scopoli published the result of his experiments with it in the year 1769, which attracted the attention of his cotemporary practitioners in Germany and Denmark, to its full employment in consumptions, where it still continues a prevailing remedy in those affections.

Through the recommendation of Dr. Aikin, in his edition of Lewis's Dispensatory, Dr. Crichton, and the learned author of the Thesaurus Medicaminum, many physicians were induced to prescribe it in this country, twelve years since, but evidently not in sufficient quantities to have given it a fair trial. Its use has lately been revived, in consequence of the account given of it in the last

edition of this work, and a few cursory observations published in the medical periodical works.

This species of lichen possesses considerable medicinal, as well as dietetic properties; the latter, residing in a mucilage, or jelly, which affords a regimen, well adapted to support the debilitated frame of a consumptive patient; and the former in a bitter principle, which, to a certain extent, is evidently of an anodyne, or composing nature, allaying cough, and unlike opium, at the same time facilitating expectoration, abating hectic fever and quieting the whole system, without constipating the bowels. This bitter quality likewise possesses a peculiar tonic power, differing from all others of that class, in strengthening the organs of digestion, without increasing the action of the heart and arteries; the union of such properties, unquestionably forms a most valuable remedy in the treatment of pulmonary consumptions. The bitter portion of this herb, which in the relief of the phthisical symptoms, is the chief agent, is imparted to boiling water by infusion; but by the long boiling, necessary to extract the whole of the mucilage, or for making the concentrated syrup, this quality is considerably impaired.

Quarin, a practitioner of some celebrity on the continent, being sensible of this fact, directs the herb to be boiled in water only thirty minutes, which extracts its bitter quality in perfection, with a considerable proportion of mucilage; and Hartmann, in whose practice it proved very beneficial, recommends two drachms of the herb to be boiled in a pint of milk for fifteen or twenty minutes, and taken for breakfast and supper, which has been much followed by the physicians in London; but with patients of weak digestive organs, this medium is apt to oppress the stomach.

Bergius, who is more lavish in the commendation of

its efficacy in diseases of the lungs, directs a kind of pottage to be made with it, which he gave to the extent of a quart, in the course of twenty-four hours; and he asserts, that in this form, it not only recovered his consumptive patients, but soon made them fat. In order to obtain much advantage from the use of this remedy, in the various species of consumptions of the lungs that occur in this country, ample experience has convinced me, that it must be exhibited to the extent of two ounces in the course of a day, which from the quantity of the decoction, and the paltry preparations, termed Iceland Lozenges, Syrup,* &c. &c. containing a proper dose of the medicinal and dietetic virtues of the herb, too often, by distending the stomach, increase the difficulty of breathing, and the quantity so disgusts the patient, as to induce him to relinquish the remedy entirely. These objections are effectually obviated, by following the practice of the Icelanders, and many of the Dutch physicians, in using it in a state of powder.

The success that attended the adoption of this mode in my own practice, after the other forms had been rejected, induced me to recommend it to the attention of the medical profession in a separate treatise on the Lichen Islandicus, and I have the satisfaction to find that this method is preferred by the most eminent physicians in this country.

For the purpose of preparing this powder, which, in

* These preparations, industriously advertised under the sanction of a Mons. Regnault, do not contain the whole of the medicinal virtues of the herb, and the quantity of sugar employed in making them, by becoming acescent, may disagree with the stomach and bowels.

the former edition I introduced under the name of Farina, the herb must be carefully freed from the little sticks and green moss which is always, more or less, gathered with it; and after being washed in cold water, re-dried in a gentle heated oven (so as not to scorch it), and ground, it must be passed through a fine sieve, to deprive it of its fibrous parts, which contain no properties of the herb, and are perfectly insoluble.

The farina, when carefully prepared, possesses in perfection both the medicinal and dietetic virtues of the Lichen; and to form the jelly, does not require that long boiling which proves so destructive to its bitter principle. It may be taken in the quantity of a quarter of an ounce, or three drachms, boiled with half an ounce of cocoa, in half a pint of distilled water, or milk, which coincides with its virtues, and so far covers its bitter taste, as to render it an agreeable breakfast and an evening repast, instead of the baneful practice of tea-drinking.

The fresh roasted cocoa nibs I have found to answer much better than the ground cocoa or chocolate, generally sold by grocers, on account of the oil, with which they abound, being milder, and which, in chocolate especially, is often very rancid.

The powder of the Lichen may be ground with the cocoa nibs, in the proportion of one part of the former to four of the latter (which in the last edition was called Iceland Lichen Cocoa), and used in the following manner: To a large table-spoonful of this cocoa, add as much milk as will make it into a soft paste; then pour on half a pint of whey, milk, or distilled water, and boil them over a gentle heat, for about ten minutes, in a pot with a close cover; after it has stood to settle, it may be poured off for use, and a little sugar and cream added, as agreeable to the palate of the patient. If chocolate should

be preferred, it may be used in lieu of the cocoa nibs, with the Lichen flour, in the same proportions; but great care should be taken, that the chocolate be fresh.

The farina, or flour of the herb, may likewise very conveniently be made into a kind of pottage, according to the practice of the Icelanders and Danes, either in milk, water, or broth, as may appear most suitable to the case or palate of the patient, in the following manner:

To a dessert-spoonful of the farina, add as much cold water as will make it into a soft paste; then pour on by degrees half a pint of boiling water, broth, or warm milk, stirring it briskly the whole time: after boiling for about ten minutes it will become a smooth thin jelly. A little sugar, currant-jelly, liquorice, raisins, cinnamon, butter, or any aromatic, may be added, to render it palatable.

If the phthisical symptoms should indicate the use of the bitter quality of the Lichen in greater proportion than contained in the farina, such as troublesome cough, difficulty of expectoration, loss of appetite, diarrhœa, and profuse perspiration; a concentrated infusion may likewise be employed; for this purpose three ounces of the contused herb may be infused in a pint and a half of boiling water for three hours; evaporate the strained liquor over a gentle heat, to the consumption of one half, and add one drachm of extract of liquorice; three table-spoonfuls of which may be taken every three or four hours.

This mode of administering the bitter portion of the herb as a medicine, I have found to answer in several instances after the other preparations have been rejected, directing the patient to use the jelly of the arrow root, or tapioca, as an article of diet, over which I do not conceive the jelly of the Lichen, after being deprived of its bitter, to possess any advantage whatever.

The decoction of this herb, which is frequently prescribed by physicians, and sometimes preferred by the patient, is made by boiling, over a gentle heat, one ounce of the herb (previously washed in cold water) in a quart of distilled water, for the space of fifteen minutes; two drachms of liquorice root sliced, may be added about five minutes before it is taken off the fire. A tea-cupful of this decoction should be taken three times a day; or, a quarter of an ounce of the herb may be boiled in half a pint of milk for ten minutes, and taken for breakfast and supper; or, if chocolate be preferred, it may be made with the decoction of the herb, as directed above (without the liquorice), in the usual manner, instead of water or milk.

A Table of Diet for Invalids.

LOW OR FEVER DIET.

Panada; gruel; milk, thickened with arrow root; plain bread pudding; arrow root, salep, tapioca jellies, rice milk; chicken or veal tea.

Drink.

Barley water, acidulated with lemon juice; milk and water; lemon or orange whey; thin gruel; bohea, balm, or mint tea.

RESTORATIVE, OR CONVALESCENT DIET.

Rice or bread pudding; hart's horn, isinglass, or calves feet jelly; oysters and shell fish; flounder and soles, veal, fowl, rabbit, and lamb.

Drink.

Fresh small beer; porter; port or claret wine with water; weak brandy and water.

GENEROUS OR FULL DIET.

Rice or bread pudding; strong beer; broth or gravy soup; oysters and shell fish; veal, fowl, lamb, mutton, beef, pork, &c. jelly of hart's horn, calves' feet, or isinglass; meat soups, with vegetables.

Drink.

Brisk cyder or perry; sherry, port, or claret wine; rum or brandy diluted with water.

Description of Medicine Chests, &c.

The chests are neatly made of mahogany, and the bottles of flint glass, with glass stoppers, carefully ground, and made air tight. The bottles and drawers have printed labels affixed to them, expressive of their contents, with a numerical reference to the book of directions, and the medicines are of the choicest quality.*

Of the Improved Family Dispensary there are six sizes, viz.

	£.	s.	d.
First size, containing every article specified in the Family Dispensary	17	4	0
Second size, do.	14	8	0
Third size, do.	10	16	0
Fourth size, (with the omission of four articles, there being only nine bottles in each wing)	8	6	0
Fifth size, (eight articles omitted, there being only six bottles in each wing)	6	16	0
Sixth size.	5	18	0

The Gentleman's Case.

From 3*l.* 6*s.* to	6	6	0

The Lady's Dispensary.

From 1*l.* 12*s.*—2*l.* 15*s.* to	7	10	0

* Medicine Chests, similar to those recommended by Dr. Reece, may be fitted up by the apothecaries in different parts of the United States.

Traveller's Case.

Made flat for the convenience of travelling 3 10 0

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From 3*l.* 15*s.* to 10 8 0

The Specific Dispensary.

Complete, with alterative medicines, recommended in the Supplement to the Domestic Medical Guide 3 6 0

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From 8*l.* 6*s.* to 20*l.* and upwards.

Portable Chest of Chemistry.

Furnished with different tests, for the analysis of natural and artificial products, with microscope, &c. and complete directions, from 4*l.* 8*s.* to 8*l.* 5*s.* and upwards.

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Containing re-agents and implements for analysing minerals, from 3*l.* 6*s.* to 10*l.* and upwards.

N. B. Family Medicine Chests may be re-furnished, or allowed for in exchange.

☞ The chests made of deal or oak, and furnished with black bottles, may be had at a much cheaper rate. They contain the same medicines and utensils, and are in every respect as convenient; the only difference being in external appearance.

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COMPREHENDING

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Henrietta-street, Covent Garden,
July 27, 1806.

COMPLETE SYSTEM

OF

MODERN DOMESTIC MEDICINE.

N. B. The Diseases are arranged in alphabetical order.

OF AGUE.

WHEN the cold fit of an intermittent fever continues so long and violent as to form a principal part of the disorder, it is termed Ague by the ancient writers; but in modern practice this distinction is not observed, all varieties being denominated Intermittent Fever, the different species of which are enumerated under that head.

ANIMATION, SUSPENSION OF.

See Appendix to the Family Dispensatory, page 103.

OF APOPLEXY.

An apoplectic fit consists in a sudden deprivation of all the senses and voluntary motion, in consequence of compression of the brain; which when produced by an effusion of blood, or a distention of the internal vessels of the head, from an accumulation of blood, is termed Sanguineous Apoplexy; and when occasioned by an effusion of serum, which occurs chiefly in dropsical habits, Serous Apoplexy.

Of Sanguineous Apoplexy.

It seldom occurs before the fifteenth year of a person's age. The short-necked, the indolent, and such as are apt to indulge in full meals of animal food, and the free use of spirituous and vinous liquors, are most subject to this disease. Its frequent occurrence, of late years, in this country, may in some degree be attributed to the unusual vicissitude of the climate, but more properly to the increased consumption of animal food and spirituous liquors during a sedentary life.

Of the Symptoms of Sanguineous Apoplexy.

With the loss of sense and voluntary motion, there is an appearance of profound and continual sleep, with snorting; oppression of the breath; the pulse generally much slower; while the arteries of the head, particularly those of the neck, beat with increased force; the face red and bloated; the neck swelled, with a distention of the vessels, and dilatation of the pupils of the eyes. Although the whole of the body is affected with a loss of sense and motion, one side, on examination, will generally be found to be more so than the other.

These appearances, which constitute what is called the apoplectic fit, are often preceded by a sense of weight on the head and giddiness; frequent head-achs; bleeding at the nose; redness of the eyes; imperfect vision; a noise in the ears, like the ringing of bells at a distance, or the boiling of a tea-kettle; a transitory degree of numbness, or loss of motion in the extremities; faultering of the voice; impaired memory; drowsiness, particularly after dinner; the night mare; and disturbed sleep.

By early attention to these premonitory symptoms, an attack of this disorder may not only be foreseen, but by

the early recourse to the preventive means recommended, it may be effectually obviated.

Of the Causes of Sanguineous Apoplexy.

The general cause of this species of apoplexy is a plethoric habit of body, with a determination of blood to the brain. It may, therefore, be brought on by whatever hurries on the circulation, so as to increase the afflux of blood into the vessels of the head; such as violent exercise; passions of the mind;* intoxication;† violent vomiting, or straining. It may likewise be occasioned by whatever impedes the free return of blood from the head; as a tight ligature or handkerchief round the neck, stooping down, or lying with the head lower than the body; looking behind, or upwards for some time.

In order to check the velocity of blood into the vessels of the brain, nature has made an admirable provision, by the circuitous direction in which the great artery passes through the skull bone; in the proportion to the acuteness of the angle it makes, so will be the impetus of the blood; and I am inclined to believe one cause of heredi-

* Anger and fear, whose effects on the body are very opposite, are enumerated by Van Swieton, as frequent causes of apoplexy.

† When sudden death takes place during drunkenness, it must be by producing apoplexy. Among persons in the habit of drinking, fatal apoplexy is very frequent. "This disease (observes that excellent physician Dr. Trotter), being so frequent an attendant or a consequence of excessive drinking, holds up a most awful warning to the inebriate: the thought of a human being rushing into eternity from a board of gluttony, riot, and intemperance, ought to appal the most depraved and obdurate of mortals."

tary apoplexy to be the direction of this canal, allowing of too free an admission of blood. The internal vessels of the head, likewise, being supported only by the soft medullary matter of the brain, instead of the solid support of muscles, skin, &c. which they have in other parts of the body, are more easily distended or ruptured.*

Dr. Baillie, in his admirable work on Morbid Anatomy, observes, "when the patient is not cut off at once, but lives for some time after the attack, the palsy of one side of the body, which generally follows an apoplectic fit, happens on the opposite side to that of the brain in which the effusion of blood has taken place; i. e. if the right side of the brain be compressed, it will paralize the left side, and vice versa; hence it happens, that if a person loses the use of his right side by pressure of the left portion of the brain, the right eye will not be affected, while that on the opposite side will be nearly useless. These effects are not satisfactorily accounted for.

Dr. Magennis enumerates three species of sanguineous apoplexy: the first arising from increased vascular tone throughout the system, with an undue determination of a rapid circulation; the second from local congestion; and the third he supposes to be derived from weakness of

* Some time since, I was requested to examine the head of a gentleman who had suddenly died of apoplexy. In the right hemisphere of the brain there was a considerable extravasation of blood, and on the left side I discovered some coagulated blood, of a hardish consistence, which proved to be the remains of an effusion which had produced an apoplectic fit about twelve months before; a proof that a rupture of a vessel in the brain is not necessarily a fatal occurrence; he was, however, afterwards much affected with head-ach, giddiness, and drowsiness.

the vessels of the brain, thereby rendering them incapable of transmitting the quantity of blood received, which gradually accumulating and distending their coats, ultimately produces compression. This last species generally affects people far advanced in life.

It is very common on examining the brain of persons considerably advanced in life, to find the arteries in a very diseased state. Dr. Baillie has often found a bony or earthy matter deposited in the coats of the great and sometimes the lesser arteries of the brain,* by which they lose a part of their contractile and distensile power, as well as of their tenacity. The vessels of the brain, under such circumstances of diseased structure, are much more liable to be ruptured than in an healthy state. Whenever blood is accumulated in unusual quantity, or the circulation going on with unusual vigour, they are very liable to this accident; and accordingly in either of these states, ruptures frequently happen.

Of the Treatment of Sanguineous Apoplexy.

The first and principal object to accomplish towards the recovery of the patient, is evidently the unloading of the vessels of the head, by cupping or scarifying the scalp or nape of the neck, and between the shoulders; or opening the temporal artery, which should be done as soon as possible after the attack. Bleeding from the jugular vein, is much recommended by medical writers; but I conceive the unavoidable interruption to the return of blood from the head, by the ligature, to elevate or distend the vessel, for the purpose of opening, although

* This diseased state of the blood-vessels of the head is, no doubt, often the cause of obstinate head-ach, lethargy, epileptic fits, and other nervous diseases in old people.

temporary, will certainly increase the effusion of blood in the head, in case of a rupture of a vessel; or if distention only exist, it may produce a rupture, particularly if the vein do not rise readily or be soon opened. Blisters should likewise be applied to the head and between the shoulders. The next object is to lessen the determination of blood to the head by increasing the circulation in the extremities, by stimulating the feet and hands with mustard poultice, No. 111. The action of the bowels should be promoted by a dose of the cathartic extract, No. 46, and the laxative clyster, No. 97, with the addition of two table-spoonfuls of common salt. The body should be kept nearly in an erect posture, and the head supported in that situation, as favouring the return of blood from, and at the same time checking its afflux into the head. The sooner these measures are put into execution, the greater will be the probability of success. It has been a question much agitated of late, whether the exhibition of an emetic is proper on the first attack of apoplexy. By producing an equal circulation throughout the system, it has often relieved local congestion; but the violence of straining, it has been said, may produce the rupture of a distended vessel in the head; and, if effusion have taken place, it will be likely to increase it; it may, however, promote absorption. It is, at any rate, too ambiguous a remedy for domestic medicine.

If the apoplectic fit be evidently produced by excessive drinking, the contents of the stomach should be diluted by drenching the patient with warm water. Vomiting, in this case, is always of great service. (See Treatment of a Drunken Paroxysm, page 108.)

Of the Prevention of Sanguineous Apoplexy.

People disposed to apoplexy, or who have ever ex-

perienced an attack, should be particular in keeping their feet warm, by wearing flannel socks, and the use of the water-proof soles, which I consider an excellent contrivance to keep the feet both dry and warm; and particularly to guard against fulness of the vessels, by taking moderate exercise and avoiding full meals and spirituous liquors. When in a bed, the head should be always kept much higher than the trunk, but not so as to bend it forward on the chest, so that the elevation may be gradual from the feet to the head. When affected with the premonitory symptoms already noticed, a brisk purge of aloes, a blister to the nape of the neck or head, and putting the feet in warm water, will often obviate an attack. Snuff, by increasing the secretion of the nostrils and producing sneezing, will likewise prove serviceable. General blood-letting, having a tendency afterwards to produce plethora, should only be practised when apoplexy is immediately threatened; the application of leeches to the temples will often supersede its necessity. Keeping the bowels open by repeated doses of Epsom salt or the cathartic extract, a seton or issue near the head, will be useful in preventing any turgescence of the blood, and unquestionably the most effectual preventive that can be employed. The head should be shaved and washed with cold water once a day. A reclining posture and much sleep should be avoided, for nothing is more hurtful than too great an indulgence in bed. By a strict observance of these rules, a fit may be kept off for a great length of time, however predisposed the person may be to the disease.*

* I have known several aged persons that have experienced attacks of apoplexy, procrastinate the fatal relapse for many years by strict attention to these means.

The Distinction of Apoplexy.

Apoplexy is distinguished from profound sleep, which it much resembles, by applying the smelling salts, or sal volatile, to the nostrils, which will immediately rouse a sleeping, but will have no effect on an apoplectic person; and from a fit of intoxication, by the paleness of the face, the smell of the breath, manner of living, the stertoreous breathing, diminution of the power of volition and absence of convulsions, from epilepsy. It is often extremely difficult to discriminate between that insensible state that follows an epileptic fit and apoplexy, particularly as an apoplectic paroxysm is sometimes preceded by violent convulsions, foaming at the mouth, grinding of the teeth, and other convulsive motions of the body; but a knowledge of the habit and constitution of the patients, will, in general, enable a practitioner to determine the comatose state after epilepsy from apoplexy. The state of the pulse, laborious respiration, and the paleness of the face in fainting or swooning, will distinguish it from such complaints.

Of Serous Apoplexy.

Dr. George Fordyce asserts that the compression of the brain, producing apoplexy, seldom or never arises from the serous part of the blood being extravasated; and adds, whether serum or blood be the cause, the same methods should be pursued for relief. When apoplexy occurs in a dropsical person, it may be referred to an effusion of serum, which for its removal, will require the means suggested for the cure of sanguineous apoplexy, with the omission of blood-letting. Cordials, which, in the sanguine apoplexy, are not allowed, would in this case be very proper; it is the consequence of extreme debility of the system, and generally terminates fatally.

APHTHA. See *Thrush.*

APPETITE, LOSS OF. See *Indigestion.*

OF ASTHMA.

Asthma is often an hereditary disease, and evidently of a spasmodic nature, occuring chiefly in sanguine habits and straight chests. Both youth and age are subject to it; in the former, if tubercles exist in the lungs, it will produce consumption; and in the latter, dropsy of the chest. When the complaint is attended with an expectoration of phlegm, it is termed moist or humoral; and when with none, dry or nervous asthma; but it is rarely, if ever, entirely free from expectoration of a little phlegm.

Dr. Robert Bree, of Birmingham, in a very excellent treatise on disordered respiration, divides asthma into continued and periodical. The continued asthma, he observes, cannot be properly said to be free from convulsive contractions of the respiratory muscles, but these are carried on without regular paroxysms. They are more permanent, but less violent, and depend on fixed irritation either in the chest or bowels. The periodical asthma consists in regular paroxysms of convulsive contractions, and is therefore usually called *convulsive* asthma.

Of the convulsive asthma the learned Doctor enumerates four species, viz.

1st. From the irritation of effused serum in the lungs.

2d. From the irritation of aerial acrimony in the lungs.

3d. From irritation in the stomach or some of the abdominal viscera, and

4th. Dependent upon *habit*, and caused by *sensation* after irritation has been removed from the thoracic or abdominal viscera.

Symptoms of Asthma.

An almost constant difficulty of breathing, with exacerbations towards evening or during the night, threatening suffocation, with a sense of tightness across the chest, the breathing being performed slowly, and with a wheezing noise: if the patient be lying down when the fit comes on, which is often suddenly, he is obliged to change the posture for one more erect, and requires a free cool air. These symptoms gradually abate towards morning, and the fit seems to end in an expectoration of phlegm from the lungs. For several successive nights the symptoms suffer an exacerbation; and after some days, on the expectoration becoming and continuing more copious, the paroxysms for a time cease altogether. The pulse is for the most part quick, weak and small; and the urine, which, on the commencement of the paroxysm, is pale, on its remission becomes high coloured, and often deposits a sediment. The face is, during the paroxysm, generally pale and shrunk, but sometimes a little flushed and turgid. The fit is often preceded by lassitude, drowsiness, a sense of weight or pain of the head, and symptoms of indigestion.

Causes of Asthma.

The principal cause of asthma, in England, is supposed, by Dr. Ryan, to be obstructed perspiration, producing a congestion of blood in the vessels of the lungs. Dr. Cullen says, it depends on a particular constitution of the lungs, and its proximate cause is a spasmodic constriction of the muscular fibres of the wind-pipe and its subdivisions, preventing the expansion necessary for a full and free inspiration. The immediate and exciting cause Dr. Dover asserts to be a determination of blood to the lungs.

Dr. Darwin is of opinion, that the humoral asthma is occasioned by a torpor of the vessels of the lungs, and particularly an inactivity of the lymphatics; in consequence of which, the lymph, which the learned Doctor supposed to be effused in the air cells, is not taken up by the absorbents. The cause of the convulsive or spasmodic asthma, he suspects may arise from an affection of the liver or biliary ducts, and even a pain in a remote part of the system.

Treatment of Asthma.

MEDICINE. If the symptoms run high, with *pain* in the chest, and great difficulty of breathing, the loss of eight or ten ounces of blood, with a blister over the breast-bone, or between the shoulders, should always precede the use of medicine, in case the subject be plethoric and not aged. Two or three table-spoonfuls of the asthmatic mixture, No. 68, may afterwards be taken three times a day, with the pills, No. 79, twice a day. In obstinate cases, half a tea-spoonful of ether, No. 14, with fifteen drops of laudanum, No. 31, every night, or during the fit, or the inhaling of the vapours of ether, evaporated in a warm saucer, as recommended by Dr. Temple, will afford considerable relief, and, if it do not prevent, will much shorten the paroxysm. The pectoral plaster, No. 108, should be kept over the breast bone, so soon as the blister is healed. The squill, combined with ipecacuan in the form of lozenges, is a composition well calculated to relieve asthmatic or chronic difficulty of breathing, and, on account of their gradual solution in the mouth, will often answer better than pills. This medicine was much recommended by Dr. Fordyce, and a very similar one, in the form of pills, by Dr. Morton.

Asthmatic people of every description should be very

particular in attending to the state of the stomach and bowels, and guarding against indigestion and its consequences, as costiveness and flatulency; for the stomach being connected with the diaphragm, which is frequently, if not always, more affected during the asthmatic paroxysm than even the lungs, a slight derangement of the digestive organs will bring on a paroxysm, and never fail to increase the difficulty of breathing during its absence. On any symptom of indigestion, the patient should clear the first passages by an active emetic or aperient dose of the basilic powder, and keep up proper digestion by taking a glass of Epsom water, noticed No. 2, to which, in case of much flatulency,* a little ginger powder, or compound tincture of ginger and chamomile, No. 7, may be added.

Vinegar alone, or combined with squills, as the oxymel of squills, in the dose of a table-spoonful, often affords very considerable relief in asthma, by promoting expectoration, and at the same time corrects, and in some degree prevents the accumulation of inflammable air in the intestinal canal.

The decoction of the Seneka root has, in many instances, proved eminently useful; but to young people it has been found too heating. By promoting expectoration, perspiration, and secretion of urine, it may be considered an important remedy in asthma of elderly people.

* All asthmatics suffer much from a collection of inflammable gas in the intestines, the free expulsion of which uniformly affords considerable relief. The prevention of this species of flatulency is certainly of great consequence in the treatment of every species of asthma, by taking occasionally an active purgative of jalap and calomel, the use of the Epsom water, No. 2, and particular attention to diet. See Flatulency.

particularly when attended with a dropsical disposition. It may be combined with squill in the following proportion:

Take of decoction of seneka, eight ounces,
Oxymel of squills, one ounce,
Paregoric elixir, half an ounce,
Hoffman's anodyne liquor, two drachms. Mix.

Two or three table-spoonfuls to be taken three times a day.

Dr. Ryan judiciously recommends the cold bath; and Dr. Bree observes, "that there is no single remedy of more value in all species of asthma during the absence of the paroxysm."

The extract of Hyoscyamus, combined with the nitric acid and squills, has lately been much extolled as a remedy for asthma, and also the red sulphate of iron. But there are such varieties of the disease, which again are attended with such opposite states of the constitution, that a medicine, which has proved highly beneficial in one instance, might, in the same species, prove as hurtful from peculiarity of constitution, or from being accompanied with plethora or inanition. To lay down directions for the medical treatment of every species of this disease, under certain circumstances, would, therefore, occupy more room than the limits of this work will admit of, and which is, indeed, rendered unnecessary by Dr. Bree's late valuable publication on Disordered Respiration, to which I can refer my readers with confidence.

Diet, &c.

Errors in diet are so great a source of the inconveniences of asthmatic people, that, as I have already observed, indigestion and its consequences often appear to be the very causes of the disease. The free use of strong liquors,

sweet wines, and new malt liquor; a profuse indulgence in the use of tea and warm watery liquids of all kinds, are very improper, and very frequently act as an exciting cause of the paroxysms. Heavy suppers, eating between meals, and generally all food of difficult digestion, such as smoked meat, pastry, fat meat, raw vegetables, sallads and *unripe* fruits; also boiled cabbage and carrots, rich soups, jellies and sauces. These articles do not readily digest in the stomach of an asthmatic, but remain till a fermenting process takes place, when, if not evacuated by purging or vomiting, the paroxysm may be excited; and even when those evacuations occur, such a consequence is not always prevented. Every thing, says Dr. Bree, which, in dyspepsia (indigestion), ought to be avoided, should be abstained from by the asthmatic, who must rigidly believe that his paroxysm may be more frequent, or the intermission longer, in proportion as the seductions of the table are too powerful for his prudence, or are resisted by his care. Intoxication and surfeit are among the worst of his enemies; but they have so little allurement where the habit is infirm, that an asthmatic is not likely to suffer from such exciting causes. (See Flatulency and Indigestion.)

Prevention of the Paroxysm of Asthma.

The use of a thick flannel waistcoat next the skin; occasional emetics of ipecacuan and a little oxymel of squills; the troches of squill and benzoin dissolved gradually in the mouth, and swallowed about twice or thrice a day, and a seton or large issue between the shoulders, or in the side, will often succeed in preventing, and never fail to abate the violence of the paroxysm of asthma, and relieve the breathing during its absence. If the subject be advanced in years, or affected with swelling of

the legs, an issue or seton will not be proper, as by extracting the glutinous part of the blood, it may induce dropsy of the chest. A diet light and easy of digestion should be adopted, as broth, light puddings, fowl, veal, &c. and a little ginger used in the beverage, to obviate the flatulent effects of vegetables: good old perry and cyder afford the most salutary beverage.

Asthmatic people are differently affected by the atmosphere, some breathing with ease only in pure country air, while others cannot live out of London; and I have known an asthmatic that could not continue more than a week at a time either in the London or the country air, but breathe with tolerable freedom in the city of Bristol. Some require a condensed or cold air, while others can only live in a light one. Persons, therefore, afflicted with asthma, must consult their own feelings as to the place in which they should reside. A spacious room should always be preferred, as closeness* is particularly disagreeable to asthmatic patients; and if the air be too dense, he should occupy the highest room in the house. When the breathing is very difficult, I have known the nitrous gas gradually diffused in the air of the room, as recommended for purifying the chambers of the sick, page 90, afford instantaneous relief, and often prevent the accession of a paroxysm. Flowers and herbs, which purify the air in the day-time, should not be left in the bed-chamber during night for reasons assigned Note, page 94. He should, likewise, select a residence for the different seasons of the year. Malvern air and water, during the summer season, I have known in many

* "The asthmatic patient, (says Aretœus) loves walking in the open air, with his mouth open, and is dissatisfied with the largest house, which seems too small to breathe in."

instances prove so beneficial, that patients have even imagined themselves cured, and have afterwards been able to live the winter in London without experiencing much inconvenience. During the winter season, Sydmouth, and Exmouth, in Devonshire, afford, perhaps, the best retreat in these kingdoms. The atmosphere of Lisbon or the South of France is preferable.

Distinction of Asthma.

This disease is distinguished from inflammation of the lungs and pleurisy in being chronic, unattended with acute pain or stitches in the chest, or fever. The returning of the paroxysms at intervals, the sense of constriction above the chest, occasioning the patient to get into an erect posture, and to fly for relief to the cold air, will distinguish asthma from other diseases.

BILIOUS AFFECTIONS.

It has of late years been very fashionable to attribute almost every derangement of the stomach and bowels, and even complaints of the head, to a redundancy, or an accumulation of bile in the stomach, an idea founded in error, and first suggested by designing and illiterate quacks, that they might the better impose their trash on the credulous public, too often to the irreparable injury of the digestive powers of those who are induced to take their antibilious medicines. No secretion in the human body is more regular than that of the bile, or less disposed to be vitiated; and were it not disturbed by the action of strong cathartics (generally composed of mercury) taken for the purpose of carrying off a supposed redundancy, it would continue healthy, and in due quantity. The biliary duct, for conveying the bile from the

liver and gall bladder, terminating in the intestine, the bile cannot get into the stomach, unless forced into it by the effort of vomiting, or by a reversion of the peristaltic motion of the intestines, which is a very rare occurrence. When, through the obstruction of biliary concretions, or spasms, the bile cannot flow into the intestines, it is taken up into the circulation by the absorbent vessels of the liver, so as to tinge the white of the eyes and skin of a yellow appearance, and the intestines become in an indolent state, and the stools white, from the loss of the stimulating and colouring matter of the bile, which constitute the disease named jaundice. In cases of indigestion there is generally a deficiency of bile, through a sluggish state of the liver; and in these cases we find people most complain of a preternatural collection of the bile, although the reverse is in reality the case. Hence, medicines which approach near to the nature of the bile, uniformly give relief in those cases, and which may with more propriety be termed bilious, than anti-bilious medicines. (See Indigestion.) When a redundancy of bile is evident from bilious stools, the diluted vitriolic acid, by decomposing it, will afford a safe and efficacious remedy, while the brisk cathartics of aloes and calomel, only give temporary relief, and aggravate the cause; but when a redundancy or deficiency of bile exists, it should not be treated as a primary affection, but considered as a symptom of some disease, in which the strong cathartic medicines, or the anti-bilious medicines of illiterate empirics may do irreparable mischief.*

* The editors of the Medical Observer, in their account of the anti-bilious pills of a certain clerical adventurer, under the patronage of a Right Reverend Prelate, make the following pertinent and just remark: "One would have supposed that

In the former impressions of this work I asserted, that the complaints of the stomach and bowels, generally ascribed to a redundancy of bile, arose from a deficiency of that secretion; and that such was the importance of a due secretion, that good chyle could not be formed without it, and that a copious secretion of course contributed more to the health of the body than otherwise, which is evinced by the fæces of people in perfect health being tinged more with bile than those of the valetudinarian, affected with indigestion, whose stools are generally of a light clay colour, an evident proof that the bile is not poured into the intestines in sufficient quantity.* This opinion has been since confirmed by a Mr. Abernethy, Dr. Stone, Dr. Webster, and several medical practitioners of character, who have considerably expatiated on it. Mr. Abernethy ascribes a number of chronic diseases, such as cancerous tumours, white swellings, &c. to unhealthy chyle, in consequence of a

such characters, from their elevated situation in life, would have had a greater regard for their own reputation than to have lent their names for such purposes as the countenancing of quackery. One would, indeed, have thought, that a regard for the clerical character would have sufficiently deterred them from tarnishing it by the odium it incurs, when involved in the most pernicious traffic existing in human nature. To tamper with the lives of our fellow-creatures is traducing the character of man; but when we see a clergyman abandoning his sacred character by adverting to empiricism from the mere motives of lucre, well may we exclaim, "O tempora, O mores!!"

* Such patients are uniformly troubled with flatulency, acidity in the stomach, colicky pains, nausea, loss of appetite, in the cure of which a German physician has acquired great celebrity by exhibiting the inspissated bile of an ox.

deficiency of bile, and proposes to cure these obstinate affections by such medicines as are calculated to increase the biliary secretion, and strengthen the digestive organs.

Mr. Eaglesfield Smith, in his "Observations and Experiments on the Digestive Powers of the Bile in Animals," recently published, asserts that the bile is the principal agent by which digestion and the formation of chyle are effected. The bile, however, not being poured into the stomach, cannot, as this author supposes, be the chief menstruum in dissolving the food, but after the solution of the aliment in the stomach, which is effected by the gastric juice, it is certainly necessary to assimilate it, or blend the whole to form good chyle. The bile, therefore, instead of being an "intestinal enemy," as it is termed by empirics, may be deemed a great promoter of the health of the body. (See Indigestion.)

OF BLEEDING AT THE NOSE.

In young people this arises from a plethoric state of the arteries; and in the far advanced in life, of the veins.

Symptoms of Bleeding at the Nose.

It is in general confined to one nostril, occurring for the most part in warm weather, and sometimes preceded by head-ach, redness of the face and eyes, noise in the ears, giddiness, frightful dreams, the night mare, coldness of the extremities, &c.

Treatment of Bleeding at the Nose.

In young people it may be considered a slight disease, and scarcely worth notice, unless profuse, or the patient is of a sanguine habit, when the loss of blood from the arm will be proper, and the occasional use of the aperient

mixture, No. 62, or the neutral purgative salts, No. 2. After due evacuations from the bowels, the cooling powders, No. 89, may be taken two or three times a day, in cold water. Vinegar, diluted with water, should also be applied cold to the nostrils, and if these fail to stop the bleeding, dossils of lint moistened with vinegar, introduced up the nostril by coagulating the blood, and compressing the ruptured vessel, will always succeed if properly managed. The body and head should be kept in an erect posture, and the patient exposed to a cold air, and every irritation avoided, such as blowing the nose, speaking, &c. The diet should be low and taken cold, and the extremities kept warm. If it arise from suppressed evacuations, which in young women is frequently the case, aloetic purges should be employed, and the legs frequently immersed in warm water. When attendant on putrid fever, it happens from the weak state of the vessels, and should be stopped by the compressive means suggested above. When it occurs in old age, and is preceded by head-ach, drowsiness, and redness of the face, it should be considered a premonitory symptom of apoplexy, and the preventive means already recommended for that disease, should be immediately resorted to.

In all cases of bleeding at the nose, the chief point to determine is, whether it be salutary or otherwise, which, in cases of ambiguous fever, is often extremely difficult to decide. I have known fevers, pronounced by physicians of eminence to be putrid, suddenly terminated by a spontaneous discharge of blood from the nostrils, which, at the time, was considered a most unfortunate circumstance.

Whatever will produce rigours, or slight shivering of the body, as a cold key to the back, sprinkling the face

with cold water, &c. will often immediately check the loss of blood, not only from the nose, but a divided blood-vessel on the surface of the body.

People subject to this complaint should be particular in keeping their feet warm, and obviating plethora by moderate exercise and spare diet, and the frequent use of the Epsom, or Rochelle salts, No. 2.

OF BLOOD, *discharged from the Urinary Passages.*

This is a symptomatic affection, and considered merely as a bleeding, is seldom dangerous, the cure of course will consist in the removal of the primary cause. The symptoms may be relieved, by drinking weak mucilaginous liquors, as linseed tea, or a decoction of marsh-mallow root. If attended with plethora, the loss of blood from the arm, and frequent doses of castor oil, No. 3, should not be omitted. The saline purgatives are improper, on account of their increasing the irritating property of the urine. The diet should be low, unless the patient be much reduced, or the discharge of blood arises from ulceration in the kidneys or bladder; stimulants, as pepper, salt, &c. should be avoided.

When it is occasioned by the mechanical effects of a stone in the bladder, or gravel in the kidneys or ureters, it will require the treatment recommended for these complaints. When ulceration is the cause, which is known from its being attended with a discharge of matter, spirit of turpentine, in the dose of twelve drops in marsh mallow root tea, has generally a very happy effect. The bear's whortleberry in those affections of the bladder and kidneys, has proved particularly serviceable, and is the only astringent that can with safety be employed; half an ounce of the leaves may be infused in a pint of boiling water for

six hours, and a wine-glassful of the strained liquor, taken about three times a day with the spirit of turpentine in the dose above directed.

BLOODY FLUX. See Dysentery.

OF BILES.

Biles uniformly arising from bad habit of body, suppuration should in all cases be promoted by the application of the gum-plaster, No. 59, spread on leather, or the poultice, No. 112, and if very painful, they should be often fomented with a strong decoction of poppy heads. After they break they require only to be kept clean, and defended from the action of the external air, by a little diachylon plaster, or spermaceti ointment, till they are healed. An alterative dose of the Epsom salt, No. 2, as directed page 8, should be taken every morning, or an aperient powder of calomel and jalap, No. 27, or the basilic powder, No. 36, about twice a week, at least for four doses; and if, after their suppuration, the patient should be much reduced, the tonic mixture, No. 77, will have a good effect in strengthening the system, and correcting the constitution. The occasional use of the aperient sulphureous water, No. 2, will prove the best preventive.

OF BILES OF THE GUMS.

Causes of Biles of the Gums.

Biles of the gums are the consequences of a fit of the tooth-ach, cold, external violence, and disease of the jaw-bone and decayed teeth.

Treatment of Biles of the Gums.

When the bile arises from a carious tooth, its extraction is necessary. Suppuration may be promoted, by the application of a roasted fig: and after the matter is evacuated, the mouth should be frequently rinsed out with the acidulated gargle, No. 93, or the tincture of the ratania root, diluted with water, as directed page 83.

OF BRUISES AND SPRAINS.

In cases of violent sprains, the prevention of inflammation of the part should be attempted by the application of leeches, and afterwards the discutient lotion, No. 102, to which may be added, in case of much pain, half an ounce of laudanum, No. 31. The aperient mixture, No. 62, should be taken occasionally, and the saline mixture, No. 78, if fever should intervene. If leeches cannot be readily procured, and inflammation come on, the loss of eight or ten ounces of blood from the arm will be proper; a low diet should likewise be strictly observed, till the first or inflammatory symptoms are abated, when a more generous one may be taken to by degrees, provided the patient is not in a debilitated state.

Superficial bruises may generally be cured by the topical application of opodeldoc, No. 5, or the discutient lotion, No. 102, with the occasional use of the aperient salts, No. 2, or mixture, No. 62; but if the part has sustained much injury, a partial mortification may be apprehended, which in an elderly person may terminate unfavourably; such cases should therefore be always referred to practitioners in surgery.

BURNS AND SCALDS.

Slight burns or scalds may in general be cured by the liniment, No. 104, or lotion, No. 102. In case of fever intervening, the aperient mixture, No. 62, or the neutral salts, No. 2, and the saline mixture, No. 78, will also be necessary. After the operation of the aperient medicine, five or six drops of laudanum, No. 31, may be added to each dose of the saline mixture, particularly if the accident be of much extent. The low diet is necessary till the inflammatory symptoms have subsided, when the usual mode of living may be gradually adopted.

Sir James Earl, in a late publication on burns and scalds, recommends the immediate application of cold; as the immersion of the part in cold water, which always affords instantaneous relief, and if kept long in that situation, will soon recover the parts. Others recommend the application of stimulants, particularly spirit of turpentine, which, in many instances, I have known to prove very beneficial.

When the mischief is extensive or deep, mortification may always be apprehended, whether the subject be young or old; the advice, therefore, of a skilful surgeon should be procured without delay.

OF CANCER.

Cancer most commonly affects the glandular parts of the body, generally after the fortieth year of a person's age, and very rarely before. It is distinguished by *occult* and *open;* by the former is meant its infant state, which is a hard scirrhous swelling, attended with frequent shooting

pain; by degrees the skin becomes discoloured, and ulceration sooner or later takes place, when the disease is said to terminate in open cancer, which is characterised by callous, ragged, and unequal edges, great lancinating, and a kind of burning pain, attended with a thin, dark coloured, fœtid, ichorous discharge, often so acrimonious as to inflame, excoriate, and frequently destroy the surrounding skin. From the corrosion of the vessels there is sometimes a considerable discharge of blood.

Of the Cause of Cancer.

Respecting the cause of this disease, there have been a great many conjectures, without much foundation; some contending that it arises from a general disorder in the system, and others that it is in its infancy entirely local, and that the constitution is contaminated by an absorption of the virus from the open cancer. It is frequently excited by bruises or contusions, and therefore more frequently occurs in the breast and lips.

Dr. Lambe, in his valuable " Inquiries into the Causes of constitutional Diseases," attributes cancer to the action of a salt, which the doctor terms sceptic poison, introduced into the system by the use of common water. Dr. Trotter is of opinion that it may be produced by the excessive use of ardent spirits.

Dr. Adams, who has paid particular attention to this disease, asserts that scirrhus or cancer is an independent life, and that the tumour is a congeries of hydatids. Mr. Carmichael, in a late Treatise on Cancer, coincides in this opinion of its possessing a vitality independent of the system in which it grows; that it is in fact a parasitical animal, not introduced from without, but produced by what he terms (using the language of Dr. Darwin) the congress of the organic particles, in a manner similar to

the generation of fungi on the bark of decaying trees, by a kind of spontaneous or equivocal generation, and not by vital reproduction. Instead, however, of considering, as Dr. Adams has done, the cysts that are frequently, perhaps always, observed in cancer, as the parasitic animal, Mr. Carmichael maintains that it is the firm white ligamentous bands interspersed among the cysts, and extending like roots into the neighbouring substance, (which are considered by most anatomists as merely condensed cellular substances, that make the essential part of cancerous tumours wherever situated.

Treatment of Cancer.

The grounds on which Dr. Adams founds his arguments in favour of the independent life of cancer, led Mr. Carmichael to conclude, that if the vitality of those supposed animals was destroyed they would be expelled from the body by suppuration; and as iron has been known to be very effectual in destroying intestinal worms, he thought it might be equally destructive to other animals of the same parasitical nature; he, therefore, made a trial of the preparation of iron, the effects of which he states answered his expectation. This author first prescribed the rust of iron to be taken in the dose of twelve grains every six hours, which was gradually increased to half a drachm, and as a lotion for the part, a saturated solution of the acetite of iron. The author enumerates several cases of cancerous ulcerations (one of which was situated in the breast of a woman) in which this medicine proved successful; and to satisfy the minds of practitioners that they were real cancerous affections, he thought proper to request the attendance of Drs. Toole and Gahagan, and the surgeons of St. George's Dispen-

sary, who, it appears, did not entertain a doubt of the cancerous nature of the disease.

Iron, however, was much recommended as a remedy for cancer, by the late Mr. Justamond, in his lectures on the Operations of Surgery, long anterior to Mr. Carmichael's publication, who preferred the preparation termed Martial Flowers. From the use of this medicine and the hemlock bath, in cancer of the womb, he is very sanguine in his expectations of a cure. The best preparation of iron for cancerous complaints, both as an internal remedy and topical application, is the red sulphate of iron, which may be taken from three to eight drops twice a day in a little water; and for a lotion, diluted with equal parts of vinegar and water, in the proportion of a drachm to half a pint of the two latter.

Mr. Samuel Young, in a recent work, entitled "An Inquiry into the Causes and Action of Cancer," proposes a radical treatment for the cure of cancer by the means of natural separation. We have daily experience, says Mr. Young, that this is the mode by which nature throws off a part become useless to the purposes of life; and we know that such separations can be effected in parts the most healthy, by exciting in them an action beyond their living principle to support. Clear and evident as this principle is, and plausible as the means of cure may appear, when applied in practice innumerable difficulties would arise in effecting the separation. In many instances, instead of completing that purpose, our attempts to produce the necessary excitement may fail, and our very means probably become new causes of irritation; or, on the other hand, the morbid alteration, in many instances, may so far extend as to confound parts, the regular existence of which may be necessary even to life, and where of course the consequences of

separation would be fatal. Arsenic is the principal medicine recommended by this author, as a topical application, to produce an increased excitement of the part, which is well known to be the basis of Plunket's remedy. It does not appear that the means suggested by this author have been tried with success in his own practice. On the nature of a disease so formidable, and so little determined as cancer, *any* opinions are, however, more or less important; and it is possible, as the author justly observes, that even error may in some way tend to aid the progress of inquiry.

Dr. Lambe, in his late Inquiries into the Causes of Constitutional Diseases, attributing cancerous affections to the action of a salt, which he names septic poison, proposes to cure the disease by confining the patient to the use of water purified from this deleterious combination by distillation; and it appears, in several instances, this plan has proved highly beneficial. The employment of water thus purified as a common beverage, and in every article of diet in which water is necessary, as broth, soups, tea, &c. has certainly a very evident salutary effect on the constitution; it promotes digestion, and changes the black appearance and corrects the offensive effluvia of the stools of cancerous patients. It has been supposed that distilled water cannot be more pure, or possess any advantage superior to water that has passed through a filtering stone. This idea is, however, very erroneous; for whatever water may contain in a perfect state of solution, it cannot be deprived of by filtration, but may be effectually so by distillation; hence we find that filtered water, on being distilled, will leave a very considerable residuum in the still, which in a day or two becomes extremely offensive, particularly that from the new river and the Thames.

Prepared natron has been also recommended as a remedy for cancer, and perhaps is as much to be depended on as any yet suggested. I have given this article a trial in several cases of scirrhous tumours, and where the patient has persevered properly in its use, it has never disappointed my expectation: its failure in the practice of others, I am inclined to believe is owing to its not having been given in sufficient quantity, or, to its being discontinued before it could possibly have produced a favourable change in the system. Instead of prescribing it in the dose of a few grains, two or three times a day, as is the usual practice, the patient should take a glass of a strong solution of it in water three or four times a day; so that in the course of twenty-four hours, two drachms of the salt be taken. The medicine is mild, and if the system be not well saturated with it, it cannot be expected that any real advantage can be derived from it in so obstinate a disease. An elderly lady consulted me about twelve months since respecting a tumour in her left breast: it had been coming she stated three years, and had latterly become painful; on examining it I had no doubt but that it was an incipient cancer: Mr. Ramsden, surgeon to St. Bartholomew's hospital, also saw it, whose opinion coincided with my own. She was immediately put on a course of the natron, and, in order to defend the part from the pressure of stays and any external irritation, she was directed to keep constantly over it a dried skin of a hare, with the hairy part towards the tumour. Fortunately for this lady she was rather partial to the taste of natron, so that she generally exceeded the quantity of the solution prescribed. In the course of a week her general health began manifestly to improve, and the pain in the tumour to abate. In three weeks she could suffer me to touch it without experiencing pain. In two months a fissure was

discernible to the touch, which gradually increased till the tumour was divided into two small ones, which also continued in a diminishing state till they entirely disappeared, and at this time the lady enjoys a much better state of health than she has done for many years: she also made use of distilled water.

The external and internal use of hemlock has been much extolled by Dr. Stoerk, of Vienna, as an infallible remedy for cancer; and it appears by his reports, that it has effected a cure in many obstinate cases, which, from the description given of them by the learned doctor, there can be no doubt were cancers. The experiments made with it in this country, by no means confirm this author's statement of its specific power in cancer, although it has been found to palliate the symptoms, and, in the form of poultice, to cure ill-conditioned ulcers. Many writers, particularly Dr. Wethering, have endeavoured to account for the general failure of the hemlock in the treatment of cancer in this country. The plant, they say, chosen for preparing the extract or powder, might not have been the true *conium maculatum*,* which is distinguished by red spots. It may not be gathered when in perfection, viz. when beginning to flower. The inspissation of the juice may not have been in a water-bath, but, for the sake of dispatch, over a common fire; or the leaves of the herb may not have been cautiously dried and preserved in a well-stopped bottle; or if so, may still not have been guarded from the ill effects of exposure to light; or that

* When Dr. Wethering resided at Birmingham, he found some of the medical people there making an extract from the *cow parsley*, instead of hemlock; and it is much to be feared that mistakes of this kind frequently frustrate the well-meant endeavours of the physician. Curtis's Lectures on Botany.

the preparation might have suffered from the mere effects of long keeping.* The experiments by several practitioners in this country, soon after Dr. Stoerk's publication, were made with an extract obtained directly from Dr. Stoerk, which was attended with no better effect. The best preparation of this herb is the powder; for the purpose of making which, the leaves should be dried as soon as possible after they are gathered, as their medicinal property is much altered by fermentation: the same process should be observed in expressing and inspissating the juice. The patient should commence its use in the small dose of two grains twice a day, and increase it half a grain every other day till it nauseates the stomach, or affects the head with dizziness, at which dose it should be continued till the effects go off, provided it does not distress the patient too much, in which case it should be diminished. Before the exhibition of medicines of this class, it will always be proper to improve the state of the digestive organs; for if acidity prevail in the stomach, and the food be not properly digested, the medicine, however well prepared, may undergo a decomposition in

* Dr. Clarke, in his Lectures on the Diseases of Women, relates a case of a lady, for which he prescribed the extract of hemlock in the form of pills; the dose of which she was instructed to increase gradually till it produced a slight dizziness of the head. The lady, in following the doctor's directions, pushed the dose so far, that she took upwards of a drachm in a day without experiencing any inconvenience. When the pills were exhausted, the prescription was sent to another chemist, who, in preparing it, made use of fresh extract of hemlock, and the lady, by continuing the increased dose, was nearly poisoned, and would very probably have lost her life, had not vomiting soon succeeded.

the stomach that may entirely destroy its medicinal quality. It is from this circumstance that medicines often fail in producing their desired effects on the constitution. The topical application of hemlock in the form of poultice or plaster, should, I think, always accompany its internal use in cases of scirrhus or cancer. The frequent extraction of blood from the surface of a scirrhous tumour by leeches when it is painful, is also necessary. If by these means the tumour be not dispersed, its progress to ulceration may be effectually checked.

Mr. Abernethy, in a late publication, entitled the "Diseases of Health," ascribes a number of chronic diseased actions in the system to some error in the chylopoietic organs, particularly a deficiency or unhealthy secretion of bile, of which scirrhus or cancer is one. He proposes, therefore, to remedy this evil by the use of small doses of mercury, which he directs to be taken every other night, for the purpose of promoting the secretion of the liver (the bile); and, with the view of strengthening the digestive organs, to take a quarter of a pint of the decoction of sarsaparella root three or four times a day. Mr. Abernethy, who is by no means a sanguine practitioner with respect to the efficacy of medicine, assures me, that he has found this practice to succeed in several very obstinate cases. Although the intention for which these medicines are prescribed by this esteemed author are somewhat novel, the practice is by no means so; for, in the Medical Observations and Inquiries, many cases of cancer, and particularly of the womb, are stated to have been cured by the use of Plummer's pill and the decoction of sarsaparella, the basis of the former of which is mercury; and Dr. Clarke, in his Lectures on the Diseases of Children, eight years ago recommended a similiar practice. When we consider the mutation the

body is constantly undergoing, we must allow its health must in a great measure depend on a proper digestion of our aliment, and the consequent formation of good chyle for its nourishment and support; for, if the food be not properly digested, an unhealthy chyle will be formed, in which case we must expect morbid actions to occur in the body. By producing proper digestion, we likewise produce an healthy action in the system, which will powerfully counteract morbid ones; the salutary effects of mercury and sarsaparella, however, in such cases, few medical men will attribute solely to their operation on the digestive organs.

For the purpose of producing a separation of the disease in open cancer, a composition of arsenic has been very successfully used under the name of Plunket's remedy. Mons. Salmade has published a case of cancer in the memoirs of the Medical Society of Paris, which resisted the ordinary modes of treatment, and was afterwards cured by repeated applications of the caustic powder of Rousselot,* made into a paste with water, and laid on the surface of the ulcer for twenty-four hours at a time; it was repeated after the interval of a few days, till the diseased parts sloughed off, and the sore put on a healthy appearance.

The application of fixed air, and poultices made of oatmeal, charcoal powder, and beer grounds; and also turnip and carrot poultices, have been found to destroy the offensive effluvia of cancerous ulcers, and in some degree to assuage pain.

* The composition of this powder is as follows:
Take of cinnabar, one ounce,
Dragon's blood, half an ounce,
Oxyde of arsenic, half a drachm.

Of the Diet proper for Cancerous Patients.

The diet must, in a great measure, depend on the strength of the patient; if the general health be not much affected, the proportion of vegetables should exceed that of meat; but if the strength of the patient be much reduced, animal food and wine may be allowed. The Malvern water is much recommended by Dr. Lambe as a remedy for cancer, and the air being also particularly salubrious, that place certainly affords an excellent retreat for cancerous patients. Ass's milk is also a good alterative beverage, and may be taken for breakfast and supper; spirits, and whatever may have a tendency to inflame the constitution, should be avoided.

These directions equally apply to cancerous affections of any of the external parts of the body.

OF CATARACT.

This is an opacity of the crystalline humour of the eye, preventing the rays of light passing to the optic nerve, and thus producing blindness. If the retina (which is an expansion of the optic nerve in the inside of the eye) be not diseased, vision may, in most cases, be restored, by either depressing the diseased lens, or extracting it entirely, which is technically termed, *couching*.

With respect to the advantage of one operation over the other there is a great difference of opinion. Mr. Ramsden, of the College of Physicians, a surgeon of the first respectability, gives the decided preference to the depression of the lens; and the appointment held by that gentleman, of surgeon to St. Bartholomew's hospital, must have enabled him to determine which method is generally the most beneficial. This operation is less painful and hazardous than extraction, and will ultimately

answer, if the lens happen to be soft (which cannot always be predetermined); if it be not wholly depressed after breaking the cyst or tunic, it will be removed by absorption, which may be promoted by the exhibition of a little mercury. The only objection to this operation is, that the lens will sometimes rise again; but this certainly does not occur often. Oculists, in general, recommend the extraction of the lens; but it must be allowed that the intention is too often frustrated by the inflammation and consequent thickening of the tunics of the eye after the operation; and it not unfrequently happens, that after the patient has gone through the pain of incision, the lens is too soft to be removed entirely. The depression of the lens, on account of its being simple, less painful, attended with little or no risk, and certainly answering as often as the extraction, is entitled to the preference. Mr. William Hey, senior surgeon to the Leed's infirmary, after thirty-three years' practice in diseases of the eye particularly, states that experience has led him to prefer the mode of depression, and very ably and satisfactorily confutes the arguments adduced by Baron Venzet (translated into English by Mr. Ware) in favour of extraction.

So many well-authenticated instances of the absorption of opake lens, by the internal use of mercury and hemlock, have lately been published, that it would in all cases be advisable to give those medicines a trial before an operation is determined on.

Mr. Ramsden has found the muriate of mercury to answer in this respect best. He directs eight grains to be dissolved in an ounce of spirit of wine, and ten drops to be taken in a wine-glass of thin gum-arabic tea twice a day; after taking it a week, the dose may be increased to twenty, or even thirty drops, if the stomach will bear it.

If this remedy be likely to answer, the good effects will be manifested in three weeks; electric sparks to the ball of the eye will often prove of great utility. The hemlock may be given in the same manner as directed for cancer, page 189.

A British admiral, having a cataract in each eye, applied to an eminent oculist, who advised him to have them extracted. He agreed to submit to the extraction of one, and in case that answered, he promised to go through the operation on the other. Unfortunately, however, he was not the least benefited by it; for so much inflammation and thickening of the cornea succeeded, as entirely to destroy the vision. The admiral, having cured many obstinate attacks of the rheumatism and gout by violent friction, and beating the parts with wooden hammers, &c. he resolved to make the experiment on the eye affected with cataract. After rubbing, and at times gently beating the ball with a small wooden hammer (the eye-lids being closed), in a few weeks he found that he could discern a luminous body, and by continuing the practice, the diseased lens was really absorbed, so that the worthy admiral was enabled to read small print, after being some time totally blind; a proof that the removal of cataract, by the absorbent vessels of the eye, is performed with more facility than is generally imagined. By this pounding system the admiral has also cured himself of the gout and rheumatism.

OF CATARRH, CORYZA, OR INFLUENZA.

Catarrh consists in an increased excretion of mucus from the internal surface of the nostrils, fauces, and often the lungs, attended with slight fever, and a little cough. It generally begins with a sense of stoppage in the nose, a

dull pain, and a sense of weight in the forehead and stiffness in the motion of the eyes, and soon after a distillation of a thin fluid from the nose, and often the eyes, somewhat acrid, which constitute the complaint technically termed *coryza*, and, when very prevalent, *influenza*.

In the spring of the year 1803, catarrhal affections were, from the great vicissitudes in the atmosphere, very general; and all varieties were included under the fashionable name of *influenza*, and even when the symptoms run high, so as to constitute pleurisy, inflammation of the lungs or brain, they were all classed under the same denomination, and many practitioners endeavoured to prove, from its being so common, that it was infectious. It is to be feared, however, that the employment of this general term led to a maltreatment of the different varieties by apothecaries, and that many lives were in consequence lost.

Cause of Catarrh.

This disease evidently arises from the effect of cold producing an afflux of fluids to the membrane of the nose, fauces, and lungs, by checking the natural perspiration of the skin.

Of the Treatment of Catarrh.

When the febrile symptoms are moderate, it is commonly sufficient to avoid cold, and abstain from animal food for some days; but when these symptoms run high, it will be proper to lie in bed, and take frequently some mild diluent drink, a little warmed, as barley water, gruel, or weak white wine whey, to promote gentle perspiration. The cough mixture, No. 66, should be taken every three or four hours, and if attended with pain in the chest, and great difficulty of breathing, or the patient

be of a consumptive habit, the loss of blood from the arm, and the application of a blister to the side most affected, or over the breast-bone, should not be delayed. The diet should be low, and the beverage, the compound barley-water, see page 87, with a little liquorice root boiled in it.

CANINE MADNESS. See Animal Poison, page 100.

CHIN COUGH. See Hooping Cough.

CHICKEN POX.

Description, &c.

This eruption sometimes appears without any illness or previous sign, but most commonly it is preceded by slight fever. The vesicles are always distinct and less in size than those of the small-pox; on the second day there is on the top of most of them a very small bladder, about the size of a millet seed, containing a thin, colourless, and sometimes a yellowish liquor. This disease in general terminates in three or four days, from the first appearance of the eruption, and is attended with so little danger as to require no restraint of diet, or medical treatment, till after the crusts of the pustules begin to peal off, when it will be proper to administer two or three doses of the basilic powder, No. 36, or jalap powder, No. 27, in the course of a week or ten days.

The Distinction of Chicken Pox.

It may be distinguished from small pox by not being preceded by illness, or only by a very trifling degree of fever; by the early appearance of the vesicles on the top of the eruptions; by the serum in them never acquiring the colour or consistency of pus, by the pustules being

dry and covered with crusts on the *fifth* day; and by the eruption being generally first visible on the back.

OF CHILBLAINS.

Description.

These are inflammatory swellings, chiefly affecting the heels, feet and toes, and sometimes the arms and hands, attended with great pain, and a degree of itching.

Causes of Chilblains.

Chilblains are supposed to arise from a weaker action of the small vessels most remote from the heart, occasioned by cold or dampness, and occur most frequently in people of delicate constitutions.

When the hands or feet are benumbed by cold, the excitability of those parts will be so much accumulated that if they be brought suddenly near the fire, chilblains will be produced, and this imprudent practice is the principle cause of chilblains in this country.

Of the Treatment of Chilblains.

When the parts are frost-bitten by long exposure to the cold, they should be plunged into the coldest water, and afterwards rubbed with salt. When they are only benumbed, they may be rubbed with spirit of wine and camphor or opodeldoc, to which a little laudanum may be added, if the pain or itching be very troublesome; but when they crack and discharge an acrid matter, poultices should be applied, but not for any length of time, as their continuance is apt to produce fungous excrescences. Diachylon plaster on leather, and avoiding the occasional cause, will afterwards effect a cure. An ointment composed of equal parts of nitrated quicksilver ointment and olive

oil, is a very excellent application for chilblains. It should be well rubbed into the parts with the warm hand; but if the skin be cracked, it may be applied spread on lint, and in case of much inflammation, a poultice may be applied over it.

COELIAC PASSION. See Diarrhœa.

OF COLIC.

Symptoms &c. of Colic.

This disorder is known by a violent pain in the bowels, commonly about the navel. The pain resembles various kinds of sensations, as of burning, twisting, boring, or a ligature drawn very tight round the intestines. The belly is generally costive. When there is a violent evacuation of bilious matter, both upwards and downwards, it constitutes the disease termed cholera morbus.

The great difficulty in discriminating cholic from inflammation of the bowels, renders this disease improper for domestic practice; if, therefore, it should be violent, or be attended with rigours and fever, medical assistance should be procured without loss of time, as the intestines will not sustain inflammation many hours without endangering the life of the patient.

Of the Causes of Colic.

It may arise from any sudden check given to perspiration; from austere, acid, or indigestible aliments taken into the stomach; the application of poisons, as lead, &c. and sometimes worms and costiveness.

Of the Treatment of Colic.

The first attempt should be to evacuate the contents of

the intestines, by the use of castor oil, No. 3, with aperient mixture, No. 62, and the clyster, No. 97. The spasmodic affections of the bowels may be relieved by fomentation, or the warm bath, and the use of ten to twenty drops of laudanum, No. 31, the occasional exhibition of the anti-spasmodic mixture, No. 70, and clyster, No. 98. If attended with fever and full pulse, the loss of blood from the arm will sometimes be proper to prevent inflammation of the bowels. The dose of laudanum may be increased or repeated according to the severity of the pain, while the remedies are employed to procure a stool.

The Distinction of Colic.

The young practitioner will be able to distinguish colic from inflammation of the intestines by the *wringing*, but not *burning*, pain about the navel. By the spasmodic contraction of the abdominal muscles, by the absence or trifling degree of fever, by the state of the pulse, and by the diminution of pain upon pressure.

Prevention.

People subject to this disease should avoid much vegetable food and fermented liquors, and wear flannel next the skin.

OF CONSUMPTION OF THE LUNGS.

So prevalent and destructive is this disease in Great-Britain, that it is calculated to destroy no less than sixty thousand of its inhabitants annually, the majority of which is supposed to be under twenty-five years of age. The great consumption of animal food and vinous or spirituous liquors in a climate so mutable, may in some degree ac-

count for its frequency, while the melancholy fatality is more to be attributed to the imperfection of the healing art than the absolute incurable nature of the disease; indeed, so generally has this latter opinion prevailed, that the palliation of symptoms has been the chief object of practice, and on this account indigent consumptive patients have been deemed improper objects of the different charitable institutions established throughout the kingdom for the relief of the poor afflicted with disease; in consequence of which they fall an easy and cruel sacrifice to the nostrums of unprincipled quacks. These circumstances, together with the conviction that consumption of the lungs, in certain stages, is a curable disease, induced me to undertake the establishment of a *Phthisical Dispensary** in conjunction with Mr. William Roberts (an

* This charity was opened for the admission of patients the 25th day of March, 1805, at No. 70, Chancery Lane. The management of it is in the hands of the president, vice-president, and annual subscribers of one guinea. His Royal Highness the Prince of Wales has been pleased to express his approbation of this establishment in very flattering terms, and honoured it with his patronage. William Wilberforce, Esq. is president; and Sir Robert Salusbury, Bart. M. P; Colonel Mark Wood, M. P; Henry Willoughby, Esq. M. P; Robert Ladbroke, Esq. M. P; Sir John Palmer, Bart; Sir William Altham, Bart; the Rev. Dr. Symmons; Dr. Harvey; Dr. Mingay; Henry Upton, Esq; Thomas Hammersley, Esq; Charles James, Esq; Thomas Walker, Esq. vice-presidents. Their Graces the Duke and Dutches of Leeds; the Right Honourable Earl Cadogan; Lady Albinia Cumberland; Lady Middleton; Lady Effingham; Lady Caroline Wortley; Mrs. Foljambe; Dr. Cheston; Richard Palmer, Esq. are likewise among its principal benefactors.

Subscribers of one guinea annually, are entitled to recom-

able surgeon in London), for the relief of consumptive patients only, which the liberality of his Royal Highness the Prince of Wales, and several leading characters in this kingdom, soon enabled us to carry into execution. The number of patients that have already been discharged cured, and apply every week for admission, convince me that it will prove of greater national advantage than was first imagined, and it is to be hoped that its resources will increase with its reputation.

In the commencement of the year 1804, I published a treatise on the Anti-phthisical Properties of the Lichen Islandicus, or Iceland Moss; to which I added, a few cursory remarks on Pulmonary Consumption, with a view of directing the attention of the medical profession to a proper distinction of the different species of the disease which occur in this country, it being too much the practice to confound them under one common head, and subject them to the same mode of treatment; although from their different causes, as well as the immediate seat of the disease, they most assuredly require very opposite remedies. In that treatise I noticed those species only in which the Lichen Islandicus, or Iceland Moss, was likely to prove beneficial, viz. the membranous class, and entirely omitted the consideration of the species which commence in the substance of the lungs; in the treatment of the first stage of which the Lichen Islandicus, from its tonic quality, is inadmissible.

mend three patients in the course of the year, and so in proportion to the sum subscribed.

Consumptive patients in the country may be supplied with medicines and advice gratis, on being recommended by a subscriber, the particulars of the complaint may be enclosed to Dr. Reece, Henrietta-street, Covent Garden, of whom the rules, &c. of the charity may be had.

It requiring a knowledge of the anatomy and physiology of the lungs, as well as much experience in pulmonary complaints, to distinguish one species from another, which is absolutely necessary for the adoption of a judicious and successful mode of treatment, such cases should not be entrusted to the sole care of an unexperienced practitioner, much less proper for domestic medicine. I shall, therefore, in this work, merely give the outlines of a treatise on pulmonary consumptions I mean to publish in the course of the present year, addressed to the medical profession, in which I shall fully describe the various species as they appear on dissection, with an enumeration of several confirmed cases of each species, by way of illustrating the mode of treatment I shall there more fully detail.

Of the pulmonary consumptions that occur in this country, there are evidently two classes, differing as to the seat of the disease. The most prevalent are those which commence in the cellular substance of the lungs, technically termed *parenchyma*, which I shall, for the sake of a clear distinction, denominate *parenchymatous consumption of the lungs;* and the other class, being confined to the membrane lining, the trachea and bronchial ramifications, I shall consider under the name of *membranous consumption* of the lungs.

Of the parenchymatous class there are two species; one arising from a deposition of coagulable lymph in the cellular substance of the lungs, producing sooner or later very considerable organic disease, which I shall, therefore, term *organic consumption of the lungs;* and the other from the formation of tubercles, which I shall term *tubercular consumption.*

Of the Organic Consumption of the Lungs.

This species dissection has proved to be the most prevalent in this country. It commences with a deposition of coagulable lymph in the cellular substance of the lungs, in consequence of a chronic or habitual inflammation, probably of a scrophulous nature, in which the vessels, destined for the nourishment of the lungs, appear to be chiefly concerned; those technically termed *pulmonary*, being perhaps only mechanically affected by the consolidated state of the lungs.

As this process extends through the substance of the lungs, their power of expansion must be much limited, and respiration of course rendered short and difficult. The transmission of blood through the pulmonary artery must necessarily be considerably impeded, which, with the diminished quantity of air taken into the lungs during inspiration, that change is not duly effected in the blood, which is necessary for the support of the body. The frequency of respiration and action of the heart are no doubt for the purpose of obviating this great inconvenience.

Symptoms of Organic Consumption of the Lungs.

The first symptoms are difficulty of breathing, particularly on ascending a pair of stairs, or on much exercise; a sense of tightness across the chest; a dry short cough; fluttering at the heart; an inability to take in a long or deep inspiration. These symptoms, which may be termed Premonitory, are generally attended with costiveness, sometimes with slight head-ach, frequently with obstinate vomiting: in females, with a retention or suppression of the menses, and often continue four or five weeks before the nature of the complaint is suspected by the patient or his friends. At length the inflammatory pro-

cess becomes more active, advancing to partial suppurations, and forming a number of the small abscesses technically termed *vomicæ*, in the substance of the lungs, which constitute the second stage of the disease, which is characterised by a concurrence of the following circumstances: an aggravation of the premonitory symptoms, with frequent and often violent rigours: pains in different parts of the chest, but most commonly in the sides or under the breast-bone. The cough, which was before dry, is at this period attended with an expectoration of a thin mucus, generally of a saltish taste and frothy appearance; the tongue furred, appetite bad, and for the most part during the day and forepart of the night a dry skin, and an accumulation of blood in the vessels of the neck. This stage, which is the most distressing to the patient, seems to last about four weeks, when the small abscesses break and evacuate their contents by degrees, either in the cavity of the lungs or between the lungs and ribs, when the third or purulent stage may be said to commence. The inflammation at length extends both to the pleura covering the lungs, and the membrane lining the bronchial ramifications, producing from the latter a considerable and vitiated secretion of mucus, often of a purulent appearance; and adhesion of the latter to the pleura lining the ribs; with an exudation of coagulable lymph, occasioning those acute pains termed stiches on coughing or lying on the side affected. As the vomicæ break, so the patient experiences considerable mitigation of the most troublesome symptoms. The breathing being relieved, and expectoration more easy, which, with the appetite and digestion improving, induce the patient confidently to believe that he is in a state of convalescence. The mucus at length becomes more dense, opake, and less tenacious, and imperfectly blend-

ed with an ill-conditioned pus, generally of an ash colour, offensive to the taste and smell, and sometimes streaked with blood. The rigours become less frequent and violent, while the hectic heats and perspirations increase; the pulse varying in the course of twenty-four hours from 80 to 130. The matter formed in the substance of the lungs, is taken up by the absorbent vessels into the mass of blood, and passes off in the urine, which is thereby rendered thick on cooling, and emits often a very disagreeable odour. It is probably, also, discharged from the system by perspiration and occasional diarrhæa, so constantly attendant on this period of the disease. As the vital powers decline, a variety of symptoms ensue; such as pains in the bowels, cramp in the muscles of the belly or legs, a kind of erysipelatous inflammation attacks the fauces, which, on dissection, seems to be a continuation of the inflammation affecting the internal membrane of the wind-pipe, and which, by spreading down the gullet and over the mouth, is generally attended with the most distressing inconvenience and pain on eating and swallowing. The eyes assume a pearly, white, and humid appearance; the face, in the absence of the fever, pale and ghastly, but during recurrence, is of a florid red, at first of a circumscribed spot on the cheeks, which, as the disease advances, becomes more diffused over the face; while the rest of the body, not exposed to the atmosphere, is at the same time pale and cool to the touch; the hair, on being combed, readily falls off in great quantity; the legs become affected with dropsical swellings, which often extends to the belly; the nails incurved, with other symptoms indicative of great emaciation and increasing debility. The memory at length loses its retentive power, while the judgment often remains unimpaired, and the mind is happily sup-

ported with confidence and the hopes of recovery, till death gently terminates his sufferings.

On the dissection of those that have fallen victims to this disease, it appears that one lung (generally the right) is more affected than the other; the cellular substance of which is so completely destroyed as to leave nothing but the membranes and blood-vessels in a collapsed state, the cavity of the chest being filled with matter and serum; while the other lung is generally so consolidated as to support its bulk on the chest being laid open. The surface is generally very irregular and of a tubercular feel, from the number of vomicæ formed throughout the cellular structure, which being cut into, discharge an ash-coloured matter. There are also adhesions between the pleura lining the ribs and covering the lung, but no effusion, while the pericardium or bag containing the heart is much distended with serum. The membrane lining, the trachea and bronchial ramifications, exhibit appearances of inflammation, and the mucous glands much tumified. The thymus gland, in several cases, has been considerably enlarged and very ponderous, and of a true scirrhous structure. Such is the extent of the disease, exhibited on dissection of those who have died of this species of consumption, that it strikes the inspector with astonishment that life should, under such circumstances, exist so long, and attended with so little pain.

Causes of Organic Consumption of the Lungs.

From the nature of the inflammation and matter deposited in the lungs, and the morbid appearances on dissection, there can be little doubt but this species is of a scrophulous origin. Whatever, therefore, produces a determination of blood to the lungs, or an increased action of the heart in a scrophulous habit, may act as

exciting causes of this species of the disease; as sudden vicissitudes in the atmosphere; exposure of the body, and particularly the chest, to cold; fevers of all kind, but particularly those of the eruptive class; hence it often follows measels and small-pox. The retrocession of eruptions, abuse of spirituous liquors or vinous liquors, frequent catarrhal affections, suppression of customary evacuations, &c. An hyperoxygenated state of the blood has been adduced, by a celebrated pneumatic theorist, as a chief cause of pulmonary consumption, which infers that the lungs, in a diseased state, perform their office better than in a state of health. The blood of consumptive patients, however, exhibit no such appearance. The florid countenance, which is brought forward as a proof of this doctrine, is occasioned by the partial attraction of oxygen by the red particles of blood in the superficial minute vessels of the skin, to remedy the great deficiency of that principle in the system, through the morbid state of the lungs, which is proved not only by the evident deficiency of oxygen in the blood extracted from consumptive patients, but also by the spreading of the redness over the face as the disease of the lungs advance. This absorption of oxygen will also take place in whatever part of the body is exposed to the atmosphere, particularly in the last stage of the disease, as the hands and neck, while the parts that are covered remain pale and cool. Retention of the menses is attributed, by those theorists, to a deficiency of oxygen, and yet when this disease terminates in pulmonary consumption, a *superabundance* is stated to exist. Such inconsistency, without any other evidence, must prove the fallacy as well as absurdity of doctrines which have no other foundation than a plausable hypothesis.

Of the Treatment of Incipient Organic Consumption of the Lungs.

Such is the delicate structure of the lungs and their vast importance in the animal economy, that on the first onset of the disease the most prompt and decisive practice should be adopted in order to prevent the formation of pus, which, by destroying a portion of the cellular substance, must render the recovery of the patient very doubtful. On the appearance of the premonitory spmptoms enumerated, page 203, as denoting the incipient stage of the disease, especially when they occur in a scrophulous subject, or in children born of scrophulous or phthisical parents, the loss of a few ounces of blood from the arm, or in young subjects bleeding by leeches from the chest, is a remedy of such importance that it should not be omitted without some cogent reason.

A blistering plaster should be applied over the breast-bone or between the shoulders, and the irritation and discharge kept up by dressing it twice a day with savin ointment till the symptoms have entirely vanished. If one side be evidently more affected than the other, the blister should be placed as nearly over the part affected as possible in preference to the back and front of the chest; and in case both sides are affected with much pain and stitches, or if the blister on the back and front should not afford much relief, it would be advisable to apply a blister to each side; for in such cases the counter-irritation should be proportioned to the degree of mischief supposed to be going on in the interior parts.

As costiveness tends to aggravate the disease, the use of a gentle aperient medicine should be next resorted to, which, by producing a derivation from the lungs, acts as a very powerful auxiliary to the above means. For this purpose, one, two or three drachms of Epsom or Rochelle

salt may be taken every or every other morning, in a glass of whey or butter-milk, so as to relieve the bowels once or twice a day, which will answer much better than full purging.

For the purpose of quieting the symptoms, the cough in particular, two table-spoonfuls of the following mixture may be taken every two, three, or four hours, according to their urgency:

Take of almond emulsion, six ounces,
Compound tragacanth powder, two drachms,
Ipecacuan wine,
Tincture of fox glove, of each one drachm,
Simple oxymel, one ounce,
Extract of poppies, one scruple. Mix.

The acetated ceruse is a very valuable medicine in this period of the disease, in the dose of one grain twice a day, made into a pill, with conserve of hips or extract of poppies; but this preparation, although perfectly safe in the hands of an experienced practitioner, is much too potent for domestic medicine, great attention and judgment being requisite to regulate the dose according to the symptoms and its effect on the constitution. When the disease is attended with violent vomiting and great irritability of the stomach, I have found this remedy to succeed after the fox glove and other medicines had been rejected.

When the symptoms are considerably abated, a gentle emetic of ipecacuan may be administered once or twice a week, which, by exciting the action of the absorbent vessels of the lungs, and occasioning an equality of circulation through the system, will very considerably tend to accelerate the recovery of the patient.

Diet, &c.

In the first stage, a diet should be adopted that is cal-

culated to obviate the debilitating effects of the disease on the constitution, without aggravating the local mischief. For this purpose the jellies of vegetables will answer best, being nutritive, and free from any stimulating property. Cocoa boiled in whey will afford a very excellent breakfast, and will often agree with the patient, after milk, or cocoa boiled in milk, have oppressed the stomach.

The jellies of the arrow-root, sago, tapioca, and oatmeal, light bread-pudding and chicken broth may be occasionally varied, as agreeable to the inclination of the patient. The animal jellies of calves' feet, hartshorn shavings, and isinglass, a little boiled fowl, shell-fish, flounders and soles, without sauce, may in some cases be allowed; but flesh of strong fibres, as beef, mutton, lamb, pork, &c. wine and spirits of all sorts, must be strictly avoided. The beverage should be very simple, such as whey, distilled water, linseed-tea sweetened with honey, and acidulated with lemon-juice; weak lemonade, butter-milk, barley-water, and weak fresh table beer. Flannel should be worn next the skin, and sudden transitions from heat to cold, and *vice versa*, should be particularly guarded against; and as a light atmosphere is more easy of respiration than a heavy one, the patient should sleep, and live as much as possible, in the uppermost room in the house. By a strict observance of these instructions, the progress of incipient organic consumption may be speedily suspended, the effect of the diseased action removed, and the lungs rendered adequate to their important functions, and the patient gradually restored to his usual strength and health.

If there be a strong predisposition to the disease, it will be advisable not to heal the blister immediately on the disappearance of the symptoms, but to keep up the irritation for some days, by applying a burgundy pitch

plaster over the part, while the skin remains tender, or by means of an issue or small seton either between the shoulders, or over the breast bone, or in the side most affected.

Animal food in substance should be resorted to by very slow degrees, and at all times full diet and much wine scrupulously avoided. Temperance, and the use of flannel next the skin, are to be considered the most powerful preventives of a recurrence of the symptoms, by due perseverance in which, the predisposition to the disease may in course of time be entirely destroyed.

It is but too common a practice for patients, during this period of the disease, to have recourse to the advertised remedies of unprincipled quacks. The quantity of laudanum these nostrums contain, by quieting the cough, induces the unfortunate patient to believe that their effects are beneficial, while at the same time the organic disease is considerably increased by their stimulating properties, and the patient not aware of his danger till suppuration has taken place, and a cough thus produced which can no longer be relieved by the medicine.

Tinctures of stimulating gums, as, balsam of tolu, gum benzoin, peruvian balsam, camphor, and opium, are constantly puffed off under the spurious fictitious titles of "balsam of honey, balsam of horehound, balsam of lungwort, balsam of liquorice, &c." as specific remedies for coughs, consumptions, &c. which the ignorant are induced to take under the supposition that they contain, in a concentrated state, the medicinal properties of the articles from whence they are named. A practice so truly dishonourable, and pregnant with so much danger, should be discouraged by every friend to humanity; and it is to be hoped, will soon undergo legislative investigation, and the impostors made sensible, that to tamper with the lives

of their fellow creatures, from motives of lucre, is an offence cognizable by the laws of their country, and little short of wilful murder.*

Treatment of the Second Stage of Organic Consumption of the Lungs.

When suppuration has commenced, (the symptoms of which I have already detailed as constituting the second stage) which is but too generally the case before it is considered of sufficient importance, either by the patient or his friends, for medical assistance; the foregoing directions require much variation. General bleeding is at this period very rarely necessary, while the extraction of about two ounces of blood from the chest, by means of leeches, or cupping, may in some instances be very proper, and repeated twice a week, with the most decided advantage, and should be continued, unless contra-indicated by increasing debility of the system. The counter-irritation of blisters, issues, or seton, is in this stage of the first importance, and should be proportioned to the supposed extent of the internal mischief; for this purpose I have generally recommended a seton, on account of its being more manageable and less inconvenient than either an issue or perpetual blister. It proves more efficacious when applied to the side, on account of being more topical than between the shoulders, or over the breast-bone,†

* It is worthy of notice, that nine out of ten of the consumptive patients admitted at the Phthisical Dispensary, were taking Quack medicines.

† The mass of muscles on the back and posterior mediastinum, and the breast bone on the front and anterior mediastinum, render the application of blisters to these places more remote

which are usually recommended. In case both lungs are evidently much affected, one should be applied to each side, and great care should be taken that a proper discharge be kept up, by dressing them twice a day, and occasionally besmearing the silk or peas with yellow basilicon, the saven cerate, or the blistering ointment. If an issue be preferred, it should be made large enough to admit two or three peas, or a large kidney bean, and the seton should at least be made with a full skein of silk.

Costiveness, which is commonly attendant on this stage of the disease, may be obviated by small doses of the tartarised natron with liquorice, or the Epsom or Rochelle salts, every morning, dissolved in a tea-cupful of whey or butter-milk, the dose to be regulated as directed under the head of Rochelle salts, No. 2, in the Family Dispensatory, page 7, so as to relieve the bowels at least once a day. If the small doses should exceed in operation, they should be discontinued, and a few grains of rhubarb, in form of pills, substituted in their place.

For the purpose of abating the constitutional fever, allaying the cough, promoting expectoration, and producing a determination of blood to the surface of the body, a table spoonful of the following compound oxymel may be taken two or three times a day, in a tea-cupful of the decoction of the Iceland liver-wort.*

than is generally imagined, while over the ribs it may be considered a topical application, the membrane lining the inside being extended to the lungs, and often immediately connected by preternatural adhesions.

* This decoction is made by boiling two ounces of the herb (previously washed in cold water) with a little liquorice root, in a quart to a pint and a half.

Take of ipecacuan wine, two drachms;
Syrup of poppies, one ounce;
Simple oxymel, three ounces;
Tincture of foxglove, one drachm. Mix.

If this medicine should produce much nausea or vomiting, or if vomiting be an attendant symptom, the ipecacuan wine should be omitted; and if the cough be violent, four or five drops of liquid laudanum may be added to each dose. An acetous tincture of opium, sold under the name of *black drop*, is a very good anodyne medicine in these cases, as it produces more refreshing sleep than common laudanum, without affecting the head and constipating the bowels. Provided these anodynes cannot be persisted in, the extract of hyoscyamus may be taken in the dose of two or three grains two or three times a day, which will often succeed in quieting the system, after opium in all forms has failed. But if none of the vegetable anodynes agree with the patient, the acetite of ceruse merits a trial; it may be given in the dose of one grain twice a day, either in the form of pill, or dissolved in the decoction of the Iceland liver-wort with the compound oxymel, as above directed. This preparation is a very valuable medicine in allaying the hectic fever; it is however an Herculean remedy, and much too potent for domestic medicine, or to be indiscriminately prescribed by unexperienced practitioners.

When the symptoms are quieted by these means, the following emetic draught may be given once or twice a week, which, by exciting the action of the absorbent vessels of the lungs, and checking the morbid determination to them, will powerfully tend to hasten the recovery of the patient.

Take of ipecacuan powder, one scruple;
Oxymel of squills, two drachms;
Pure water, one ounce. Mix.

Emetic doses of white and blue vitriol have been much recommended as a remedy for pulmonary consumption, but I have never found them to answer so well as ipecacuan, they are less certain in their operation, in some instances having produced no nausea, and in others acting with great violence on the stomach and intestines.

Mercury has been employed for the purpose of promoting an increased action of the absorbent vessels of the lungs in consumptive cases.* In the trials I have made with it in the different stages of the disease, it has by no means answered my expectations, having in every instance considerably provoked cough, and increased the febrile symptoms.

The liver of sulphur will often succeed in allaying hectic heats, and often the cough. In many instances I have found this preparation of sulphur afford such evident relief to consumptive patients, that I have been inclined to attribute to it an anodyne or anti-spasmodic property. It may be taken either with the dose of aperient salts, as directed under the head of Rochelle salts, No. 2, (See Harrowgate Water;) or by dissolving one drachm in a quart of distilled water, of which a small wine-glassful may be drank once or twice a day, either alone or with milk. If the acetated ceruse be employed, this medicine will not be proper, as its chemical effects will render it inert.

The inhaling of the vapours of resinous gums, either alone or impregnated with the virtues of cicuta, and factitious airs, have been, by different authors, much extolled as a remedy for pulmonary consumption. When the disease

* A case of pulmonary consumption was some time since published in a periodical work, as cured by small doses of mercury, under the direction of Dr. Beddoes.

is confined to the membranes lining the windpipe and bronchial ramifications, they may, as a topical application, have some beneficial effect, but in this species, by provoking cough, they are generally hurtful.

The nocturnal perspirations are during the two first stages of the disease to be considered of a critical nature, and therefore should not be checked, either by diminishing the quantity of bed clothes, or the common practice of throwing part of them off towards morning. When they are in such profusion as to weaken the patient, they may be sufficiently restrained by taking ten drops of the diluted sulphuric acid every night, or twice in the course of the day, in a little water, without producing the mischief that must follow the exposure of the body to the cold air.

The purging that occurs during this period is, like the perspiration, often critical; the object of practice is therefore to moderate and not to check it; when it is very frequent or immoderate in quantity, the following mixture may be taken in lieu of the compound oxymel:

Take of decoction of calcined hartshorn, with double the quantity of gum arabic, seven ounces;
Tincture of opium, from twenty to thirty drops;
——— cinnamon, half an ounce;

Two or three table spoonfuls to be taken every three or four hours.

Diet.

The diet recommended for the first stage of the disease, page 209, is also adapted to this stage. The Lichen Islandicus, or Iceland Moss, may be more liberally allowed, as well as the animal jellies, but wine, spirits, and meat in substance, must be scrupulously avoided.

Some medical practitioners have disapproved the use

of milk as a diet in this disease. The experience of many ages, and the arguments which may be adduced from analogy, have proved to the conviction of every candid practitioner or inquirer, that it affords a nutriment admirably adapted to support the debilitated frame of a consumptive patient. Should it prove too heavy for the stomach, it may be diluted with barley water or distilled water, which will often reconcile it to the stomach of those who could not otherwise retain it. Ass's milk being thinner than that of the cow often agrees better with the patient; some patients, however, have so great an aversion to the milk of this animal, that they cannot be prevailed on to take it; in this case, an imitation of it may be made in the following manner, which perhaps is not inferior to the natural:

Take of Eringo root and pearl barley, of each half an ounce:

Liquorice root, sliced, three drachms:

Distilled water, one quart;—

Boil them together over a slow fire to a pint, then strain it, and add to the liquor an equal quantity of cow's milk.

The milk should be taken from a healthy and well-nourished cow, not older than three or four years, and three months after producing calf. It should be used as soon as possible after it comes from the cow, as by long standing or exposure to the atmosphere, it undergoes a chemical change, which injures its nutritious properties. It would therefore be advisable to collect it in a bottle, by means of a funnel, and afterwards cork it, to prevent its decomposition.

Dr. Lambe has lately published some interesting observations on the efficacy of distilled water in, what he terms, constitutional diseases, among which he notices pulmonary consumption of the lungs. From a number of nice

chemical experiments he has made with common water in general use, he detected a deleterious matter, to which he has given the name of *septic poison*, probably produced by the putrefaction of animal and vegetable substances. To the operation of this poison, introduced into the system in the common beverage, he is of opinion many of the most formidable diseases that appear in the human frame, may be traced. He therefore proposed to cure such diseases, by confining the patients to the use of water purified of this noxious impregnation by distillation, with which all articles used in diet and medicine should be made.

Distilled water is no doubt a very excellent alterative, but I am fearful its salutary effects on the constitution are too slow to be of service in consumptive cases; in mere chronic diseases it may prove a valuable discovery, and as it affords a pleasant beverage, I have recommended its use to consumptive patients in lieu of common water.

Flannel dresses next the skin should also be adopted, and changed at least every morning. A fleecy hosiery, on account of its softness and thickness, is perhaps preferable to flannel. Some authors have recommended a waistcoat made with the dried skins of hares, which on account of retaining the perspirable matter from the body is more objectionable. The feet should be kept warm by the use of flannel socks.

Exercise.

As much muscular exertion, by quickening the circulation of the blood through the lungs, will provoke cough, and tend considerably to aggravate the organic mischief, such exercise should be adapted in which the muscles of the body are little employed, as swinging in a machine, or riding in a carriage, which instead of acce-

lerating the circulation, generally diminishes the action of the heart and arteries, and thus quiets the system. It is probably on this account that the motion of a ship in sailing has proved, in so many instances beneficial in pulmonary consumptions. It is worthy of notice, that this kind of exercise has been found to remove œdematous swellings of the legs, which proves that it increases the action of the absorbent vessels, while it evidently lessens that of the arterial system. After taking exercise in a cold air, a patient should not return to a warm room suddenly, or immediately approach the fire, the excitability of the lungs being much increased by the respiration of cold air, the sudden inhalation of heat will irritate the internal membranes, and thus excite cough, and increase the difficulty of breathing and secretion of mucus, &c.

Of Air.

It certainly is of some importance that a consumptive patient should reside in a pure atmosphere, but I do not conceive it of that great consequence as generally imagined; a light air always proves more easy of respiration than a very pure dense atmosphere. The air of London is by no means so insalubrious as it has been represented to be by medical writers; nor do I believe that those diseases of the lungs are, in proportion to its inhabitants, so frequent in town as the country. The air of Islington, Hampstead, Highgate, and Pentonville, I am persuaded, is good for consumptive and asthmatic patients, notwithstanding their contiguity to London. Exmouth and Sidmouth, in Devonshire, being protected from the inclemency of the piercing north-east winds from their peculiar situations, afford a better residence during the winter season than any part of this island, and the number of

consumptive patients that resort thither, from the most remote parts of the united kingdoms, is very considerable. Malvern, on account of the air and purity of the water, is however preferable as a summer's residence. In females, this disease is often attended with a retention or suppression of the menses, which, in all cases, may be considered the effect and not the cause of the disease, the patient generally becoming regular as the disease in the lungs is diminished. It is not therefore of that importance as females imagine; although it would be adviseable to promote this healthy secretion, could medicines be with safety employed for that purpose. Sometimes this periodical evacuation is either too copious, or frequent in occurrence, when it rarely affords the mitigation of symptoms as the circumstance would lead to expect. It is remarkable, however, that when a consumptive patient breeds, the disease is frequently suspended, probably in consequence of the great determination of blood to, and healthy action in, the womb. The same takes place in cases of insanity, which can be accounted for only on the principle of a peculiar irritation of the brain, producing a derivation from the lungs, as in insanity there is seldom an increased influx of blood to the brain.

It sometimes happens, that on relieving the disease of the lungs, some inflammatory affections appear in other parts of the body, which increase as the phthisical symptoms abate. Such morbid appearances should be considered of a critical nature, and therefore not checked by discutient means, but encouraged by the application of warm poultices or fomentations. In some instances I have known the disease terminate in white swelling of the knee-joint, which after advancing to suppuration, and ending in a favourable union of the bones, the complaint of the lungs never returned, but when this chance was not given

the patient by the hasty amputation of the limb, the phthisical symptoms always returned with increased violence. The occurrence of piles, or abscesses, is likewise of favourable import, and should not be repelled.

Of Remedies recommended for Pulmonary Consumption.

The uva ursi has lately been much recommended by Dr. Bourne, of Oxford, as a remedy for consumption of the lungs. It appears the Doctor was induced to give this article a trial in this disease from its well known salutary effects in morbid secretions of mucus, from the internal surface of the bladder, termed cystirrhæa, which he supposes are similar affections. The secretion of the mucus in the lungs is however of a very different nature, and in this species of the disease no advantage would result from checking it by the use of astringent medicines, as the disease in the substance of the lungs would thereby be increased. In the few trials I have made with it, and the many that I have known made, at a public institution in London, I can say, that in this species it is a very dangerous medicine; but in the pituitous consumption of the lungs of elderly people, it has proved beneficial. The Doctor should have noticed in what species of pulmonary consumption this remedy might be employed with advantage or impunity, as it is to be feared its indiscriminate exhibition in all cases of consumption, has from its astringent properties done much mischief.

The fox-glove has been very generally prescribed by physicians in pulmonary consumption with various effects. In the first stages of this species it is unquestionably a very valuable medicine, in not only quieting the disease, but also promoting an absorption of the matter deposited in the substance of the lungs. In the hemoptoic species, its salutary effects are more apparent, but in the latter stages

of both, and in the pituitous kind, which occurs in the advanced periods of life, it certainly hurries on their fatal termination, seemingly by reducing the powers of the system. Its injudicious employment has no doubt given rise to the diversified opinion of its properties, maintained by professional men. The saturated tincture is the best preparation of this herb.

Dr. Peart, in a late publication on pulmonary consumption, proposes to cure this disease by a solution of volatile alkali and opium, with a restorative diet and wine, which he says produce an absorption of the matter deposited in the lungs, constituting tubercles; few practitioners that are acquainted with the nature of the disease would be so bold as to give this mode of treatment a trial.

Mr. Davidson, a very respectable surgeon in London, in a treatise on pulmonary consumption, recommends his patient to abstain as much as possible from the use of liquids, which he observes, get into the blood-vessels and produce plethora, as a proof of which, he instances the ill effects a full draught of water produces on the breath of a broken winded horse. Liquids, however, distress a horse under such circumstances, not by getting into the vessels of the lungs, but by distending the stomach, and pressing up the diaphragm, so as to diminish the capacity of the chest, and thus prevent the full expansion of the lungs. The complaint of the horse, and that of consumption in the human frame, are as different as two diseases can possibly be. That the use of simple liquids, as water, barley water, and such like, will produce a distension of the vessels, is by no means probable, inasmuch as they rapidly run off by urine and perspiration. Copious draughts of liquids sometimes render respiration short, by distending the stomach, but the effect is very transitory.

A French emigrant, of the name of Regnault, some time since published some observations on the Lichen Islandicum, which he recommends as a specific for pulmonary consumption. This work, consisting principally of extracts from German and Danish physicians, contains no additional information to what was published about twelve years ago, in a work entitled *Thesaurus Medicaminum*, and by Dr. Crichton, Dr. Aikin, and other respectable English practitioners. Monsieur Regnault recommends the herb to be deprived of its bitter quality, by infusing it in warm water in order to render it more palatable. To this bitter quality, however, all its medicinal properties, and salutary effects in pulmonary consumption, are attributable, and if it be deprived of it, it certainly possesses no advantage over the jelly of arrow root, to which, in many respects as an article of diet, it is inferior. From the regularity and temperature of the climate, and mode of living of the French nation, the diseases of the lungs, there termed consumption, differ very little from the catarrh of this country, and are readily cured by simple medicaments and diet. Before Monsieur Regnault published his observations, he should have made himself acquainted with the organic disease of the lungs that constitutes pulmonary consumption, and the high state of medical and anatomical knowledge* to which the profession of this country has happily arrived. He would then have known that the disease will not admit of a *specific*, and is only to be cured by a combination of remedies.

With respect to the exhibition of factitious airs in diseases of the lungs, from which the public were led to ex-

* Dr. Rowley observes, in his popular lectures on the practice of physic, "that the English physicians have the start of one hundred years of those on the Continent."

pect so much real benefit by Dr. Beddoes, they have so generally failed of affording the least relief, as to be abandoned even by those who were their most sanguine advocates, and the more recent mode of treatment of living with cows, suggested by this philosopher, will be rescued from oblivion more I fear for its eccentricity than utility.

On the various remedies that have been proposed and resorted to in the treatment of this disease, Dr. Peart justly observes, "the thousands who have fallen victims to it under the customary modes of treatment, at once point out their inefficacy, and render them undeserving of attention."

When the disease has arrived to its last or incurable state, described page 204, the only object of practice is to render the life of the patient as comfortable as possible, by palliating the most distressing symptoms; for this purpose, laudanum, or the black drop, must be administered in such doses as the violence of the symptoms may indicate. It may be given in conjunction with twenty or thirty drops of sweet spirit of nitre, or Hoffman's anodyne liquor, in any simple vehicle, which often acts as a charm in abating the violence of the cough, and the affections of the bowels, procuring for the most part refreshing sleep, and affording to the mind a most desirable degree of serenity. With respect to diet, the inclination of the patient may be consulted and gratified, unless from the pain in the bowels, a violent inflammation of the intestines be suspected, (which in this stage is a very common occurrence,) when the use of meat, in substance, acids, and wine, should be prohibited, and a mucilaginous diet adopted, as arrow root, sago, and such like.

But as it is often difficult to determine by symptoms to what extent the disease of the lungs is arrived, unless the means I have suggested have had a proper trial,

or the practitioner has had an opportunity of observing the progress of the disease, the recovery of the patient should be first attempted, before the palliative treatment be adopted; as I have, in many instances, succeeded in curing patients who had been pronounced irrecoverable.

From the foregoing observations it will appear: That this species of consumption is so insidious in its attack, as often to proceed to the second stage before its nature becomes evident: That the heating anodyne medicines of quacks, sold under fictitious names, only relieve the cough, while they uniformly hasten suppuration, and thus render the recovery of the patient extremely doubtful: That from the nature of the disease it will not admit of a specific, and is to be cured only by a combination of remedies, of which the counter-irritation of perpetual blisters, seaton, or issue, are the most important: That the symptoms denoting the last stage are often fallacious; and therefore, the recovery of the patient should in all cases be attempted, before the case is pronounced hopeless, and consigned to a mere palliative treatment.

OF TUBERCULAR CONSUMPTION OF THE LUNGS.

It is generally supposed by medical practitioners, that there is no morbid appearance so common in the lungs as that of tubercles. Dr. Simmons, in his practical observations on the treatment of consumptions, asserts, that on examining the lungs of a great number of patients who had died consumptive, he never found them "entirely absent."

Notwithstanding the supposed frequency of these tumours in the human lungs, a variety of opinions is entertained with respect to their structure and situation. The

most esteemed ancient writers, as Hippocrates* and Aretæus,† represent them to be " scirrhous knots, formed of viscous or toughish matter, which gradually become hard in the lungs." The celebrated Morgagni,‡ who paid particular attention to diseased appearances, states, that he discovered a variety of them, some of considerable hardness, and which, when cut into, discharged a pure sanies, and others, that had not suppurated, resembling the firmness of a glandular body; and in the fifty-third Letter, article 16, he observes, that in examining the lungs of a young man, who had died in consequence of a stab he had received with a knife, which had penetrated the lungs, he found " the lungs abounded with tubercles of different sizes, many in a state of suppuration, and, when cut into, discharged an ill-conditioned matter, while others preserved the similitude of a sound and uninjured gland;" and this definition has been followed by Dr. Cullen,§ and other authors of celebrity, both in England and on the Continent. Dr. James‖ says, that they are sometimes " hard like the stones of fruit, and contain a tophaceous, calculous, and putrid matter." Mr. Davidson,¶ apparently on no other authority than mere hypothesis, asserts, that they are not formed in the cellular substance of the lungs, but arise in the air cells, and are produced by in-

* In Lib. de intern. Affect. Cap. 4.

† In Chron. lib. 1. cap 8.

‡ De Causis et sedibus Morborum.

§ Cullen's First Lines, and Heberden's Medical Commentaries.

‖ Medical Dictionary, under the head of Phthisis Pulmonalis.

¶ Observations, Anatomical, Physiological, and Pathological, on the Pulmonary System.

spissated mucus stagnating in the minute air cells, or the exudation of coagulable lymph, from the irritation of small particles of sand taken into the lungs during inspiration: this author is of opinion that they are organized bodies. Had Mr. Davidson taken the trouble of minutely examining the lungs of a patient, who had died of this species of phthisis, he would have found, that they are assuredly situated in the cellular substance of the lungs, instead of the air cells. That small tumours arise from the membrane lining the internal cavity of the lungs, in consequence of the irritation of some extraneous body* inhaled with the air, and lay the foundation of an obstinate consumption, there can be no doubt; but such tumours are of the fungus or polypus kind, and not what is meant by the term "tubercle."

Many practitioners, from this species of consumption being frequently hereditary, suppose that children are born with tubercles in their lungs, and that they remain in a quiescent state for a long time before they take on them the process of suppuration, and that they sometimes remain during a person's life-time without producing any other inconvenience than shortness of breath on much

* Dr. Simmons observes, "It is not unusual for millers, stone-cutters, and others, to die consumptive, from their being constantly so exposed to dust, which in these cases *probably* act by producing similar concretions to tubercles. I have seen two instances of this sort in millers;" and Dr. Kirkland states, "that scythe grinders are subject to a disease of the lungs, from particles of steel mixing with sand, which, among themselves, they call the grinders' rot." Many such instances may also be met with in Rammazzini, Morgagni, and other writers.

exertion. From the experiments made by Dr. Saunders,* one would suppose that tubercles are very readily formed; for this author states, "that after injecting two drachms of quicksilver into the crural vein of a dog, in a short time the dog became feverish, attended with difficulty of breathing, cough, and daily increasing symptoms of diseased lungs, of which he died; on examination of the lungs, they were found *full of tubercles, each of which contained a globule* of quicksilver, forming as it were its nucleus." It is very probable that these tubercular appearances were nothing more than partial depositions of coagulable lymph from the irritation excited by the quicksilver, and that they were not really tubercles. The most accurate description of the structure and situation of tubercles in the lungs, perhaps the only one in which full dependence may be placed, is given by that able physician Dr. Baillie, in his very valuable work on Morbid Anatomy. This esteemed author, in demonstrating tubercles, observes, "they consist of rounded firm bodies, interspersed through their substance. They are formed in the cellular structure which connects the air cells of the lungs together, and are not a morbid affection of glands, as has been frequently imagined. They are at first very small, being not larger than the heads of very small pins, and in this case are frequently accumulated in small clusters. The smaller tubercles of a cluster probably grow together, and form one large tubercle. The most ordinary size of tubercles is about that of a garden pea, but they are subject in this respect to much variety. They adhere pretty closely to the substance of the lungs, and have no peculiar covering or

* In his Treatise on the Liver.

capsule. When cut into, they are found to consist of a white smooth substance, having great firmness, and often contain, in part, a thick curdly matter."

The dissection of tuberculous lungs, I have found for the most part, confirm the accuracy of this definition. From many and minute examinations, which public appointments have afforded the opportunity of making, I am persuaded that tubercles are by no means of so frequent occurrence as is generally imagined. That there are a variety of them similar to those tumours which form in the adipose membrane, immediately under the skin in different parts of the body, which are named from the appearance of their contents, meliceris, steotoma, &c. That they are very rarely vascular, and when blood-vessels are discovered in them, they appear to have arisen from deposition of coagulated lymph, which, in process of time, becomes firm, and at length organised, a circumstance by no means unusual in the human body. These varieties I shall more fully describe in my intended publication on pulmonary consumption. The small abscesses which form in the substance of the lungs, in the organic species (described page 220), which are sometimes very numerous and not larger than a small pea, were no doubt taken by Dr. Simmons and Morgagni for suppurated tubercles. The partial deposition of coagulable lymph or scrophulous matter in the cellular structure of the lungs, giving their surface a tubercular appearance, and to the feel a collection of circumscribed tumours, have also been denominated tubercles by superficial observers. Such tumours, however, when they become firm, or take on an inflammatory action, or suppurative process, may be considered a species of tubercle, and are perhaps a frequent cause of pulmonary consumptions in this country. Dr. Baillie observes, that he has often found a considerable

portion of the cellular structure of the lungs charged with a whitish soft matter, similar to that of tubercles, but only diffused uniformly over a great portion of the lungs; while the tubercle is circumscribed, which is a convincing proof that this renowned physician is decidedly of opinion that tubercles are merely partial depositions of coagulable lymph, or scrophulous matter.

This author notices another sort of tubercle, consisting of a soft tumour of the size of a goose-berry, formed of a light smooth substance. They were placed on the surface of the lungs, but some were found in the substance of a smaller size; on cutting them through, none were found in a state of suppuration.

The tubercular consumption has the same stages and is attended with the same symptoms as the organic species, excepting that in the tubercular species a patient has generally the power of taking in a deeper inspiration; when, however, the tubercles are much diffused through the substance of the lungs, it will be very difficult and, perhaps, impossible to determine whether the disease arises from a deposition of coagulable lymph or scrophulous matter uniformly through the cellular structure of the lungs, or from a number of distinct tubercles; but as the treatment of one species is applicable to the other, this want of a discriminating symptom is fortunately of no importance. I have observed that young people, with tubercles in their lungs, are subject every winter, or on any great vicissitudes in the atmosphere, more or less to a difficulty of breathing and cough; but as this may also be the case with people predisposed to the organic species, no satisfactory conclusion can be drawn from it.

Treatment of Tubercular Consumption of the Lungs.

The object of our art in this species of consumption is,

in the first place, to render the tubercular concretions quiescent, so as to check any disposition in them to the suppurative process, and afterward to promote their absorption. With these views the treatment recommended for the cure of the organic species is proper, viz. in its incipient or first stage, the loss of blood from the arm, particularly if the patient be of a plethoric habit, or from the chest by leeches or cupping. The external irritation and discharge of a blister, seton, or issues, the occasional use of the aperient medicines, No. 2; the demulcent mixture, No. 66; and after the symptoms are abated, the exhibition of emetics for the purpose of increasing the action of the absorbent vessels of the lungs, for the removal of the tubercles.*

The gradual introduction of mercury into the system, in the dose of half a grain (prepared calomel) twice a day, or by external friction, has been much recommended in this species particularly, both by the ancient and modern writers, none of whom seem to have given it even a trial. From the well known action of this remedy in promoting the absorption of tumours situated in other parts of the body, one would suppose it might be employed with advantage. Experience has proved it to be, in those cases, an Herculean remedy, and although it may sometimes appear to be attended with advantage, it has on the

* Many practitioners have imagined that tubercles are of too firm a texture to be removed by absorption; that they cannot be thus removed till their structure is destroyed by suppuration. The idea of their firmness and glandular structure is erroneous; and indeed was it correct, it is no reason why they should not be taken up by the absorbent vessels, inasmuch as we know that they are equal to the removal of the indurated and even bony tumour.

contrary been productive of much and irreparable mischief. In domestic practice, it is evident this remedy cannot be employed with safety, and the young or unexperienced practitioner should very attentively watch its effects, as by its stimulating properties it has been known to increase the febrile symptoms, aggravate the cough, and considerably reduce the strength of the patient. When the tubercles are in a quiet or indolent state, it may be administered with less risk and with greater probability of success. It has answered best when given in conjunction with common sulphur, as Æthop's mineral, or the golden sulphur of antimony, in the following proportion:

Take of prepared calomel, five grains,
Golden sulphur of antimony, one scruple,
Extract of hemlock, half a drachm.

Mix well together, and divide into twenty pills, one of which may be taken twice a day. When the symptoms evidently give way under the use of mercury, it should be continued till the mouth is rendered a little tender by it, when it will be prudent to discontinue till this effect is gone off, after which it may be re-administered if necessary.

The treatment recommended for the second stage of the organic consumption of the lungs, both with respect to medicine, external applications, diet, exercise, air, clothing, &c. equally apply to the same stage of this species as well as the observations I have there made on the various remedies which have been, at different times, extolled as specifics for pulmonary consumption.

This species of consumption has a favourable termination peculiar to itself, although common to tumours, which occur in other parts of the body, which is after the morbid action of the tubercles is suspended and the system restored to a state of health, they become vascular or

organized bodies; that is, blood-vessels shoot through their substance, a regular circulation will go on in them, and they become as it were part of the lungs. This admirable operation of nature in suspending or removing diseased action, takes place much more frequent than is imagined, and tubercles found in this state have given rise to the idea that they are of a glandular structure.

OF THE MEMBRANOUS CONSUMPTION OF THE LUNGS.

This disease consists in a morbid secretion of the membrane lining the wind-pipe and the bronchial ramifications, of which there are two species, one commencing in young people, with the ordinary symptoms of catarrh, and the other in elderly people; the former of which, in my treatise on the Lichen Islandicus, I denominated catarrhal, and the latter pituitous consumption of the lungs.

CATARRHAL CONSUMPTION OF THE LUNGS.

This species on its first attack is attended with a tickling sensation at the top of the wind-pipe, a short and frequent cough, and an expectoration of a thin mucus often of a slatish taste. At length the internal membrane of the wind-pipe and bronchial ramifications become affected with chronic inflammation; the mucus expectorated more thick and opake, which changes from a salt to a sweet taste, and as the disease advances, assumes a purulent appearance, and on first being spit into water swims, but, on the disengagement of the air entangled in it, will sink; as the disease extends through the course of the bronchial ramifications the hectic symptoms increase. The mucous glands become tumid and much diseased, and I believe in this state have been often mistaken for tubercles. The chronic inflammation increasing, adhesions take place in the cellular substance, so as to prevent, by degrees, the due expansion of the

lungs. As the disease advances, the mucus becomes more vitiated, often tinged with blood and expectorated with more facility.

Treatment of the Catarrhal Consumption of the Lungs.

On the first attack of this disease, or during what I would term its catarrhal stage, small doses of ipecacuan, a blister between the shoulders, the loss of a few ounces of blood, and low diet, will in general succeed; but when the disease has advanced to the phthisical stage, that is, when the mucous secretion becomes vitiated, and the internal membranes of the trachea and bronchia inflamed, with the train of hectic symptoms, the cure is often extremely difficult.

The balsamic or terebinthinate medicines, by correcting the mucous secretion, will allay the irritation of the inflamed internal membrane of the trachea and bronchial ramifications, and instead of increasing the hectic symptoms, I have uniformly found them to quiet the system. They may be given in conjunction with such medicines as the predominating symptomatic affections may indicate. When the hectic symptoms run high, the acetated ceruse may be added with advantage in the following proportion:

Take of balsam of copaiba, or Canada balsam, two drachms,
Gum arabic, three drachms,
Acetated ceruse, four grains,
Rose water, six ounces,
Syrup of white poppies, six drachms.

Dissolve the gum arabic in half an ounce of water, then rub with it the balsam, and when well blended add the rose water and syrup; and lastly, the acetated ceruse previously dissolved in a tea-spoonful of good vinegar.

If the expectoration be difficult, a drachm of gum ammoniac, or tincture of squills, may likewise be added; and if the cough be very troublesome, six or eight grains of the styrax pill may be taken at bed-time.

The liver of sulphur may be occasionally employed in the dose of two or three grains dissolved in distilled water, to abate hectic heat. This medicine, in many cases of consumption where the inflammatory symptoms where unusually severe, I have found a most valuable remedy, in cooling the body and quieting the circulation, in which it has succeeded, after the digitalis had failed.

A perpetual blister, or a seton between the shoulders, or over the breast bone, is likewise a remedy of great importance, and should not be neglected, although the symptoms may not run high.

In case of profuse perspiration, eight drops of the diluted sulphuric acid should be taken in a little distilled water, two or three times a day, but if they should not be in such quantity as evidently to reduce the strength of the patient, they should not be checked suddenly.

Colliquative diarrhœa may in general be relieved by native vegetable acids, as a roasted apple, &c. but in case this symptom should prove obstinate, a tea-spoonful of preserved sloes may be taken frequently; or the following mixture may be substituted for the balsamic mixture, till the number of motions are reduced to one or two in the course of twenty-four hours:

Take of the white decoction, seven ounces,
Liquid laudanum, forty drops,
Tincture of cinnamon, three drachms. Mix.

Two or three table spoonfuls to be taken every three or four hours.

The inhalation of anodyne and other vapours, as topical applications, one would suppose would prove bene-

ficial in this species particularly; but they have never answered my expectations; and in some instances, by provoking cough, have certainly proved prejudicial; they are, therefore, an ambiguous remedy, and should not be persisted in, if they evidently produce irritation in the lungs.

Diet.

The Iceland liverwort should be taken in such quantities as nearly to constitute the diet of the patient, as directed page 149. Animal food, especially in substance, and wine and spirits of all sorts, should be abandoned as poisonous.

The instructions given for the diet and dress, and the observations made on air, exercise and distilled water, under the head of Treatment of the Organic Consumption of the Lungs, equally apply to this species.

In females this disease is frequently attended with a suppression of the menstrual evacuation, which is the effect and not the cause of the disease, as generally imagined by the patient.

Distinction.

This disease may be distinguished from the organic species from its commencing with an expectoration of mucus, without rigours, shortness of breath, or quickness of pulse.

OF PITUITOUS CONSUMPTION OF THE LUNGS.

This species of pulmonary consumption occurs about the age of forty, and upwards; it sometimes commences with the symptoms of catarrh, but more freqently is the sequel of chronic affection of the lungs of long standing, as asthma, cough, dyspnœa. It is attended with con-

siderable secretion of mucus, from the internal membrane of the trachea and bronchial ramifications, often amounting to the quantity of two pounds in twenty-four hours; at first clear, inodorous, and tasteless, but gradually becoming opake; and after two or three months, a kind of chronic inflammation of the internal surface of the bronchia, and their ramifications supervene, and the matter expectorated becomes more vitiated, and of a purulent appearance (as the discharge from other inflamed secreting surfaces) increased in quantity, but rarely streaked with blood: at this period the patient, for the first time, complains of pain in the chest, principally on coughing, which is soon followed by the train of symptoms constituting hectic fever: the legs at length become œdematous, and the powers of the constitution so reduced, that the patient has not the power of expectorating, without an effort of the diaphragm, amounting nearly to vomiting; the cavities of the lungs, in consequence, become so filled with mucus as to produce suffocation.

The lungs, on opening the chest, do not collapse the air cells and bronchial ramifications, being nearly filled with a kind of purulent secretion, which render them very ponderous; after squeezing out their contents, they appear very flaccid, and the internal surface exhibit no appearance of ulceration.

This species of pulmonary consumption appears to be frequent in this country. It is generally the consequence of catarrh, which, by debilitating the lungs, produces a disease similar to that we observe occur in other secreting surfaces from relaxation; as the whites and gleets, the discharge of which often assumes a purulent appearance, when attended with inflammation. The mucus expectorated in the last stage of this disorder, being taken by Mr. De Haen for pus, that author not being able to de-

tect ulceration in the lungs of those who died of the disease, concludes, that pus may be formed in the blood vessels, and from thence poured into the bronchia.

Distinction.

This disease may be distinguished from the preceding species, in being attended with a more copious expectoration of mucous matter of the same appearance throughout, and never tinged with blood; whereas the pus in the organic species may be observed imperfectly blended with a clear mucus, and often streaked with blood. The hectic fever is likewise considerably milder, and does not occur till a late period of the disease. The matter expectorated is inodorous and tasteless to the patient, but in the purulent phthisis it is offensive to the taste, and often to the smell; and the patient is rarely affected with diarrhœa.

Treatment.

In addition to the use of the Farina, and concentrated infusion of the Lichen, as recommended page 149, &c. frequent emetics of ipecacuanha, or zinc. vitriol, will prove of considerable advantage, by compressing the lungs, and thus forcing the mucus, secreted in them, into the bronchia and trachea, so as to be expectorated without the exertion of coughing. They likewise produce a salutary determination to the skin; and instead of debilitating the system, the patient uniformly feels an evident acquisition of strength, and will breathe with much greater facility for some days. It should be repeated twice a week, or as often as the difficulty of respiration indicates a loaded state of the lungs, employing in the intermediate time tonic and expectorant medicines combined, as the following:

No. 1.

Take of gum. myrrh, three drachms,
Red sulphate of iron, thirty drops,
The concentrated infusion of the Iceland liverwort, (see page 150) one pint. Mix.
Three table spoonfuls to be taken three times a day.

Or No. 2.

Take of Canada balsam, three drachms,
Mucil. G. Arabic, two ounces,
Tinct. squills, three drachms,
Concentrated Inf. of Lichen Island. twelve ounces.
Mix. Three table spoonfuls to be taken three times a day.

Or No. 3.

R. Gum. Ammon. two drachms,
Tinct. of Tolu. three drachms,
Concentrated Inf. of Lichen Island. twelve ounces.
Mix. To be taken in the same manner as No. 2.

In case of profuse nocturnal perspirations, three drachms of the diluted sulphuric acid may be added to either of these mixtures.

To excite a little counter-irritation, a stimulating plaster of Burgundy pitch and euphorbium, should be applied between the shoulders, or over the breast bone.

Opium, by weakening or paralysing the powers of expectoration, is in this case very improper.

The fox glove, which is certainly an excellent remedy in the organic and hæmoptoic species, is a very dangerous medicine in this, and has in many instances, by lessening the vital principle, occasioned premature death. The increased impetus of the circulation in this case I consider to be for the purpose of oxygenating the blood.

The diet should consist principally of animal jellies: a

little meat in substance and wine may be allowed. The application of cold water to the body, by means of the shower-bath, has in many instances proved highly beneficial.

There is another species of pulmonary consumption very prevalent in this country, in the advanced stage of which the internal membranes and substance of the lungs have been found on dissection to be equally effected, viz. from the rupture of a blood vessel in the lungs (see spitting of blood), which is therefore named

HÆMOPTOIC CONSUMPTION.

This species often arises from mal-formation, occasioning a disproportion between the capacity of the lungs and that of the chest, so that when the latter exceeds the former, a laceration will be produced by their sudden and great distention, particularly if the blood vessels happen to be in a loaded state from running, or any violent exercise. Such an accident, under such circumstances, would very likely terminate in ulceration, and thus occasion a lingering but dangerous consumption. If the rupture of the vessel be the effect of plethora, without any such mal-formation, it will sometimes unite, and no mischief ensue, and if ulceration should take place, it is not of that obstinate nature as when attended with a disproportion of parts.

In the cure of this species, the fox glove is the principal agent, and, properly administered, has always a very happy effect in checking the velocity of the circulation through the lungs, and thus quieting the local irritation, and constitutional sympathy. Ten drops of the saturated tincture should be begun with, three times a day, in a little barley water, (in which some gum arabic may be dissolved) and the dose gradually increased, five drops

each day, till it arrives to fifty, if it does not nauseate the stomach, or produce giddiness; but if a less dose of this medicine should succeed in reducing the pulse to 70 or 80 pulsations in a minute, no further augmentation will be necessary.

If the pulse should be full, or especially if the patient be of a plethoric habit, the loss of six or eight ounces of blood from the arm will be proper, but this should be practised with caution.

The use of flannel next the skin, a seton, or perpetual blister over the breast bone, distilled water, the different preparations of the Iceland moss, and diet recommended for the cure of the organic consumption of the lungs, should, in this case, with the same views be adopted.

The inhalation of the vapours of burnt pitch, or gum mastic, with a little gum Tolu, is of service in this disease, but hurtful in the organic and catarrhal species.

In case of mal-formation of the chest, it may in some cases be necessary to prevent the full expansion of the ribs, by a strong laced bandage, made with flannel.

When the violence of the symptoms is abated, and the pulse reduced to 70 or 80 pulsations in a minute, the following mixture may be taken with considerable advantage:

Take of Canada balsam, two drachms,
Mucil. G. Arabic, one ounce,
Tinct. of foxglove, one drachm,
Syrup of white poppies, six drachms,
Distilled water, six ounces. Mix.

of which two large spoonfuls may be taken three or four times a day.

If the expectoration should be difficult, half an ounce of oxymel of squills may be added. Spirit of turpentine is much recommended in this species of pulmonary con-

sumption, by Dr. Hunter, and in some instances I have known it to prove very beneficial. The exercise of riding on horseback, in a carriage, swinging, or sailing, as advised in the organic and catarrhal consumption, should in this case be adopted in preference to any other.

Sauvage and other nosological writers enumerate several species of pulmonary consumption, but the diseases from whence they are named may be considered merely as predisposing causes, and some even the effects of the disease of the lungs.

CONVULSIONS.

There are different species of convulsions, viz. epilepsy, hysteric fits, lock jaw, which see under their respective heads; and for the convulsive fits of children, see Appendix to the Family Dispensatory, p. 136.

OF CORNS.

Corns consist in a lamellated hard thickening of the cuticle, generally of the feet, occasioned by the pressure of tight shoes, &c.

Treatment of Corns.

The callous inorganic substance should be pared off with a sharp knife, being previously soaked in warm water. The part should then be defended with the plaster, No. 109, or the diachylon plaster, No. 58. The occasional cause should be avoided, by wearing loose shoes. When they are situated at the bottom of the feet, their recurrence may be prevented (after their removal as above directed), by the use of hair soles, the elasticity of which will obviate the effect of pressure and pain in walking.

Plasters of verdigris and the red precipitate of mercury have been much recommended for the removal of corns, and alleviating their pain. From their caustic property, they may have a good effect, but from this circumstance they may also irritate and aggravate the pain. The benefit of plasters is often more the effect of the soft leather on which they are spread, than any chemical operation of the plaster itself; hence putting on two or three plasters, one above the other, the lowermost having holes in their centre to let through the top of the corn, by taking off the pressure entirely, is highly useful.

The application of a diachylon plaster, spread on leather, about the size of half-a-crown, on the upper part of the foot an inch or half from the corn, is esteemed a sovereign remedy by Admiral Henry, who having received essential benefit from it, has, from motives of humanity, requested its insertion in this work.

OF COSTIVENESS.

Costiveness is generally attended with head-ach, giddiness, disagreeable taste of the mouth, a disrelish of food, and sometimes the piles.

Causes of Costiveness.

It arises from a sedentary life, a deficient secretion or inertness of the bile, the use of port wine, a slimy state, or a spasmodic constriction of the intestines.

Of the Treatment of Costiveness.

The alterative doses of the aperient salts, No. 2, taken every morning in whey, will succeed in obviating costiveness much better than rhubarb, which, after its operation, generally leaves the bowels in a costive state.

When an accumulation of slime is suspected in the intestines, which is frequently the case, three or four grains of calomel may be taken at bed-time, and repeated every third night, and the aperient salt, No. 2, the following morning; three or four doses will generally be sufficient for this purpose. Costiveness attendant on a suppression of the menses will be best relieved by the ecphratic pill of the Edinburgh Pharmacopœia, which will at the same time produce the monthly evacuation. (See Treatment of Green Sickness.) In case of much pain in the bowels, the operation of these medicines should be promoted by the use of the laxative clyster, No. 97.

When costiveness is attended with acidity in the stomach, the prepared natron dissolved in water, and taken as directed, No. 60, will prove an effectual remedy; and the use of the tincture of camomile and ginger, as directed No. 7, a vegetable diet and exercise, will prevent its recurrence. Costiveness, produced by the use of lead, to which painters are particularly subject, requires much more active medicines, such as the cathartic extract, with calomel, in the proportion recommended for the cathartic pills, No. 84. A stimulating clyster of aloes and salt is also often necessary, (see colic). When costiveness is accompanied with piles, the electuary for piles, No. 85, will answer best.

OF COUGHS.

When a cough occurs in a person of consumptive habit, or born of consumptive parents, or at the consumptive period of life, it requires more attention than the patient is generally willing to allow. A blister to the breast-bone, the loss of blood from the arm, the occasional use of the aperient mixture, No. 62, the cough

mixture, No. 66, low diet, and the use of flannel next the skin, are all indispensably necessary to prevent the organic disease of the lungs and chronic inflammation of the membrane lining the wind-pipe and bronchial ramifications and morbid secretion of mucus, that constitute pulmonary consumption, a very common termination of neglected coughs.

Habitual cough, attended with a secretion of tough phlegm, difficult to expectorate, will be relieved by the troches of the squill and benzion, or the following mixture:

Take of gum ammoniac milk, six ounces,
Paregoric elixir, and
Oxymel of squills, of each one ounce. Mix.

Two table spoonfuls to taken three times a day alone, or the squill pill, as directed No. 45.

Cough is a symptom of pleurisy and inflammation of the lungs, when it is attended with rigours, fever, and pains in the chest. (See Pleurisy and inflammation of the Lungs.)

For coughs affecting children from two months and upward, gentle emetic doses of ipecacuan powder every twenty-four hours, afford very considerable relief, and will often speedily cure it. If attended with great difficulty of breathing, a blister or Burgundy pitch plaster should be applied between the shoulders, or over the breast bone, and a tea spoonful of a linctus of almond oil and syrup of white poppies, given two or three times a day, besides the emetic powder.

Cough is likewise a symptom of an effusion of water in the chest, in which case it is attended with general debility of the system; often swelling of the legs, especially towards night, and a sense of suffocation, when in an horizontal position. (See Dropsy.)

Cough being symptomatic of so many and opposite affections of the lungs, the danger of general cough-medicines (so industriously advertised by designing quacks), must appear obvious. These medicines being composed of paregoric elixir, tincture of Tolu, and gum benzoin, &c. sold under plausible fictitious names, as the essence or balsam of herbs, once held in estimation, for their supposed healing powers, are a very serious imposition on the public: their stimulating properties having no doubt often produced inflammation or tubercles, and thus occasioned a fatal consumption. In simple catarrh they will produce pleurisy and inflammation of the lungs, which by terminating in suppuration or mortification, will destroy the life of the patient in a few hours; and even in chronic cough they are often hurtful by checking expectoration. If imposition be cognizable by the laws of the country, surely that species which sports with the lives and happiness of his majesty's subjects, should not be suffered by the legislature to be thus practised with impunity.

The lozenges, sold under the names of tolu, patarosa and paregoric are, from their stimulating ingredients, improper in cases of recent coughs; they are likewise hurtful to the digestive organs, by generating acidity in the stomach, and have a very injurious effect on the enamel of the teeth, which in scrop ulous or ricketty habits, they either destroy or render black.

Coughs, it must therefore be remembered, are not only the effects of obstructed perspiration, but proceed from various other causes, particularly in children, such as teething, bowel complaints, foul stomach, fever, &c. and are recurring symptoms in delicate habits, the remedies for which are recommended under their respective heads. However trifling coughs are generally considered,

the greatest care should in all cases be taken to check their progress, otherwise they may be the incipient cause of almost every disorder to which the human frame is liable; even that formidable disease pulmonary consumption may be termed a neglected cough.

COW-POX.

[*Instead of Dr. Reece's article upon this subject, the American editors have substituted the following, as containing a more accurate description of the disease, and a more correct and satisfactory account of its anti-variolous property.*]

This disease, if a great blessing may be so called, had been for many years known in several of the counties of England, and in some parts of Germany and Ireland. It was communicated from the cows to the dairy maids, and it was well known to the common people, "*That nobody ever died of the cow-pox, and that nobody ever had the small-pox after it.*" But surprising as it may appear, when these two facts were generally known, yet no person ever thought of attempting to transfer the virus from one human subject to another, till the 14th day of May, 1796, when the important experiment was made by Dr. Edward Jenner, whose name will hereafter probably be held in as high veneration as the name of any other man that ever lived.

The following account of the progress and characteristic marks of the disease have been communicated to the editors by one of the medical professors of the University of Pennsylvania.

"The symptoms of inoculated cow-pox, in their com-

mencement, somewhat resemble those of small-pox. In about thirty-six or forty-eight hours from the time of inserting the matter, a small speck of inflammation makes its appearance, which by the end of the fourth day (counting the day of inoculation the first) has the form of a small pimple with a circle of inflammation surrounding it. By the end of the fifth day, this generally takes on the distinctive character of the vaccine pustule which is entirely different from that of small-pox. On the sixth day it is still more developed, and the pock is perfectly regular in its margin, and has a flattened surface, the centre of which is of a dark colour, and the edges appear somewhat elevated. The pustule of small-pox, at this period has a very different form; it becomes irregular, has no distinct circular margin, and the centre is not flattened. The vaccine pustule during its whole progress is regular and circumscribed, while that of small-pox becomes more and more irregular.

"The vaccine pock begins on the fifth or sixth day, to change from a red pimple to a vesicle containing a fluid, which is already capable of propagating the disease, and the sooner it is taken, the more certainly will it produce this effect. From the sixth to the tenth day inclusive, is the most favourable period for collecting the matter.

"The diameter of the pustule augments considerably, but its elevation is always very trifling. At the eighth or ninth day it has generally arrived at maturity, and the constitutional symptoms are ushered in by a swelling and pain in the pustule, shooting up into the arm-pit, the glands of which sometimes swell and feel sore. Languor succeeds, with drowsiness, paleness, chills and flushes of heat, headache, pain in the back and limbs, loss of appetite, sickness at stomach, thirst and white tongue, with a quick pulse.

These symptoms are generally very slight, and in many instances are not at all noticed; they subside in a few hours, without any unpleasant consequences.

" The inflammation surrounding the pustule increases on the tenth or eleventh day, so as to form a beautiful areola around the pock, which is regarded as a decisive proof of the presence of the disease. Occasionally, however, it does not occur, even when the disease has been communicated. On the eleventh or twelfth day the centre of the pustule begins to grow darker, and at the end of a fortnight is of a brown or mahogany colour, and begins to be detached from the skin beneath, which it leaves in three or four weeks with a slight depression."

For a more full and complete account of the disease the reader is referred to " Practical Observations on Vaccination, by John Redman Coxe, M. D." a gentleman whose exertions in extending a knowledge of vaccination, and in promoting its practice, entitle him to the gratitude of every friend of science and humanity.

Extracts from the Report of the Royal College of Physicians of London, on Vaccination, dated April 10, 1807.

" The royal college of physicians of London, having received his majesty's commands, in compliance with an address from the house of commons, ' to inquire into the state of Vaccine Inoculation in the United Kingdom, to report their opinion and observations upon that practice, upon the evidence which has been adduced in its support, and upon the causes which have hitherto retarded its general adoption;' have applied themselves diligently to the business referred to them.

" Deeply impressed with the importance of an inquiry which equally involves the lives of individuals and the public prosperity, they have made every exertion to

investigate the subject fully and impartially. In aid of the knowledge and experience of the members of their own body, they have applied separately to each of the licentiates of the college; they have corresponded with the colleges of physicians of Dublin and Edinburgh; with the colleges of surgeons of London, Edinburgh, and Dublin; they have called upon the societies established for vaccination, for an account of their practice, to what extent it has been carried on, and what has been the result of their experience; and they have, by public notice, invited individuals to contribute whatever information they had severally collected. They have in consequence been furnished with a mass of evidence communicated with the greatest readiness and candour, which enables them to speak with confidence upon all the principal points referred to them.

"I. During eight years, which have elapsed since Dr. Jenner made his discovery public, the progress of vaccination has been rapid, not only in all parts of the United Kingdom, but in every quarter of the civilized world. In the British islands some hundred thousands have been vaccinated: in our possessions in the East Indies upwards of 800,000; and among the nations of Europe the practice has become general. Professional men have submitted it to the fairest trials, and the public have, for the most part, received it without prejudice. A few indeed have stood forth the adversaries of vaccination, on the same grounds as their predecessors, who opposed the inoculation for the small-pox, falsely led by hypothetical reasoning in the investigation of a subject which must be supported, or rejected, upon facts and observation only. With these few exceptions, the testimony in favour of vaccination has been most strong and satisfactory; and the practice of it, though it has received a check in some quarters, appears still to

be upon the increase in most parts of the United Kingdom.

"II. The college of physicians, in giving their observations and opinions on the practice of vaccination, think it right to premise, that they advance nothing but what is supported by the multiplied and unequivocal evidence which has been brought before them, and they have not considered any facts as proved, but what have been stated from actual observation.

"Vaccination appears to be in general perfectly safe; the instances to the contrary being extremely rare. The disease excited by it is slight, and seldom prevents those under it from following their ordinary occupations. It has been communicated with safety to pregnant women, to children during dentition, and in their earliest infancy; in all which respects it possesses material advantages over inoculation for the small-pox; which, though productive of a disease generally mild, yet sometimes occasions alarming symptoms, and is in a few cases fatal.

"The security derived from vaccination against the small-pox, if not absolutely perfect, is as nearly so as can perhaps be expected from any human discovery; for among several hundred thousand cases, with the results of which the College have been made acquainted, the number of alleged failures have been surprisingly small, so much so, as to form certainly no reasonable objection to the general adoption of vaccination; for it appears that there is not nearly so many failures in a given number of vaccinated persons, as there are deaths in an equal number of persons inoculated for the small-pox. Nothing can more clearly demonstrate the superiority of vaccination over the inoculation of the small-pox, than this consideration; and it is a most important fact, which has been confirmed in the course of this inquiry, that in almost every case, where the small-pox

has succeeded vaccination, whether by inoculation or by casual infection, the disease has varied much from its ordinary course; it has neither been the same in violence, nor in the duration of its symptoms, but has, with very few exceptions, been remarkably mild, as if the small-pox had been deprived, by the previous vaccine disease, of all its usual malignity.

" The testimonies before the College of Physicians are very decided in declaring, that vaccination does less mischief to the constitution, and less frequently gives rise to other diseases, than the small-pox, either natural or inoculated.

" The College feel themselves called upon to state this strongly, because it has been objected to vaccination, that it produces new, unheard-of, and monstrous diseases. Of such assertions no proofs have been produced, and, after diligent inquiry, the College believe them to have been either the inventions of designing, or the mistakes of ignorant men. In these respects then, in its mildness, its safety, and its consequences, the individual may look for the peculiar advantages of vaccination.

" III. The College of Physicians, in reporting their observations and opinions on the evidence adduced in support of vaccination, feel themselves authorised to state that a body of evidence so large, so temperate, and so consistent, was perhaps never before collected upon any medical question. A discovery so novel, and to which there was nothing analogous known in nature, though resting on the experimental observations of the inventor, was at first received with diffidence: it was not, however, difficult for others to repeat his experiments, by which the truth of his observations was confirmed, and the doubts of the cautious were gradually dispelled by extensive experience. At the commencement of the practice, almost all that were vaccinated

were afterwards submitted to the inoculation of the small-pox; many underwent this operation a second, and even a third time, and the uniform success of these trials quickly bred confidence in the new discovery. But the evidence of the security derived from vaccination against the small-pox does not rest alone upon those who afterwards underwent variolous inoculation, although amounting to many thousands; for it appears, from numerous observations communicated to the College, that those who have been vaccinated are equally secure against the contagion of epidemic small-pox. Towns indeed, and districts of the country, in which vaccination had been general, have afterwards had the small-pox prevalent on all sides of them without suffering from the contagion. There are also in the evidence a few examples of epidemic small-pox having been subdued by a general vaccination. It will not, therefore, appear extraordinary, that many who have communicated their observations should state, that though at first they thought unfavourably of the practice, experience had now removed all their doubts.

"From the whole of the above considerations, the College of Physicians feel it their duty strongly to recommend the practice of vaccination. They have been led to this conclusion by no pre-conceived opinion, but by the most unbiassed judgment, formed from an irresistible weight of evidence which has been laid before them. For when the number, the respectability, the disinterestedness, and the extensive experience of its advocates, is compared with the feeble and imperfect testimonies of its few opposers; and when it is considered that many, who were once adverse to vaccination, have been convinced by further trials, and are now to be ranked among its warmest supporters, the truth seems to be established as firmly as the nature of such a question admits; so that the College of Physicians conceive that the public may reasonably look forward with some degree of

hope to the time when all opposition shall cease, and the general concurrence of mankind shall at length be able to put an end to the ravages at least, if not to the existence, of the small-pox."

Extract from the "Report of the Committee of the King and Queen's College of Physicians, in Ireland," made November 11th, 1806, and adopted by the College.

"It is the opinion of your Committee, that the practice of Cow-pox inoculation is safe, and that it fully answers all the purposes that have been intended by its introduction. At the same time, your Committee is willing to allow that doubtful cases have been reported to them as having occurred, of persons suffering from small-pox, who had been previously vaccinated. Upon minute investigation, however, it has been found that these supposed instances originated generally in error, misrepresentation, or the difficulty of discriminating between small-pox and other eruptions, no case having come to the knowledge of your Committee, duly authenticated by respectable and competent judges, of genuine small-pox succeeding the regular vaccine disease."

Extract from the Report of the Royal College of Surgeons of Eainburgh, dated March 3, 1807.

"The Members of the Royal College of Surgeons have much pleasure in reporting, That, as far as their experience goes, they have no doubt of the permanent security against the small-pox which is produced by the constitutional affection of the cow-pox; and that such has hitherto been their success in vaccination, as also to gain for it the confidence of the public, insomuch that they have not been required, for some years past, to inoculate any person with small-pox who has not previously undergone the inoculation with the cow-pox."

Extract from the Report of the Committee of the Royal College of Surgeons in Ireland, adopted by the College, February 4, 1807.

"That it appears to this Committee, That from the 25th day of March 1800, to the 25th of November 1806, 11,504 persons have been inoculated with vaccine infection at the dispensary for infant poor, and 2,831 at the cow-pox institution, making a total of 14,335, exclusive of the number inoculated at hospitals and other places, where no registry is made and preserved.

"That it is the opinion of this Committee, That the cow-pox has been found to be a mild disease, and rarely attended with danger, or any alarming symptom, and that the few cases of small-pox which have occurred in this country, after supposed vaccination, have been satisfactorily proved to have arisen from accidental circumstances, and cannot be attributed to the want of efficacy in the genuine vaccine infection as a preventive of small-pox."

Extract from Dr. Ring on Vaccination.

"Four hundred and twenty-nine thousand, eight hundred and twenty-one, had been successfully vaccinated in the Presidency of Madras, and its dependencies, between the beginning of September, 1802, and the end of May, 1805, at the expense of 55,865 star-pagodas; and two thousand, eight hundred and sixteen of them had been subsequently inoculated for the small-pox, which they all resisted."

The reader will find the foregoing reports, with sundry documents at length, in the 4th volume of Coxe's Medical Museum. And in other parts of the same work, he will find many satisfactory proofs of the safety and efficacy of this disease.

Philadelphia, April 12, 1803.

We the Subscribers, Physicians of Philadelphia, having

carefully considered the nature and effects of the newly discovered means of preventing, by Vaccination, the fatal consequences of the Small-Pox, think it a duty thus publicly to declare our opinion, that inoculation for the Kine or Cow-Pock is a certain preventive of the Small-Pox; that it is attended with no danger, may be practised at all ages and seasons of the year, and we do therefore recommend it to general use.

John Redman,	Jno. Porter,	Wm. J. Jacobs,
W. Shippen,	Felix Pascalis,	John C. Otto,
A. Kuhn,	James Stewart,	Isaac Cathrall,
Samuel Duffield,	James Dunlap,	J. Reynolds,
Benj. Rush,	James Proudfit,	John Keemle,
Thomas Parke,	Thos. T. Hewson,	J. Church,
Benj. Say,	James Gallaher,	J. C. Rousseau,
Philip S. Physick,	Charles Caldwell,	Arthur Blayney,
C. Wistar, jun.	Thos. C. James,	Rene La Roche,
Saml. P. Griffitts,	Wm. P. Dewees,	Monges,
John R. Coxe,	Benj. S. Barton,	Elijah Griffiths,
Jas. Woodhouse,	Isaac Sermon,	William Budd,
Saml. F. Conover,	George Pfeiffer,	Geo. F. Alberti,
Pl. F. Glentworth,	Jos. P. Minnick,	Joseph Pfeiffer,
E. Perkins,	Wm. Barnwell,	Joseph Strong,
Wm. Currie,	Adam Seybert,	Edward Cutbush.
M. Leib,	James Mease,	

Philadelphia, May 26, 1806.

N. Chapman,	Peter Miller,	Isaac Cleaver,
John S. Dorsey,	Jos. Parrish,	S. Bleight.
Wm. Shaw,		

OF CRAMP IN THE STOMACH, &c.

Cramp in the stomach is generally produced by flatulency, and often precedes or attends a fit of the gout. When it is the effect of indigestion, it may be relieved

by a small tea spoonful of sal volatile, No. 13, in a glass of mint water, and its recurrence prevented by the use of the stomachic mixture, No. 61; but if the patient be of a gouty habit, a tea spoonful of ether, No. 14, in a little cold brandy and water, with the use of the gout mixture as directed No. 69, will answer best. The Jamaica ginger powder has been found to succeed in such cases, by several eminent practitioners, better than any other stimulus. (See Gout and Indigestion.) When the spasm is very violent, a full dose of laudanum with ether, will be necessary. (See No. 31 and 14.)

Cramp in the lower extremities is a very common attendant on the latter stage of pregnancy in consequence of the pressure of the enlarged womb on the great nerves leading to them, and particularly the head of the child during labour, when it cannot be effectually removed. It may, however, in either case by relieved by pressure, often by change of position, by rubbing the part with dry flannel or a flesh-brush; or in obstinate cases, by the application of ether and laudanum over the part affected. When it occurs during pregnancy, the internal use of laudanum and ether, as directed No. 31 and 14, will also be proper. Cramp, whatever cause it may arise from, may sometimes be speedily relieved, by putting the opposite muscles into action. Thus, when any of the muscles of the calf of the leg are affected, by putting those on the front into action by drawing up the foot, the cramp will often instantly go off. See Spasms.

For the cramp in the extremities, a variety of whimsical remedies are in great repute, which being in themselves perfectly inefficacious, must depend on the imagination for their success. Some of them are calculated to affect the mind with surprise or horror, as the cracking of a roll of

brimstone held in a warm hand, the wearing of rings formed out of the nails or furniture of old coffins, and such like fanciful conceits; such remedies have certainly a wonderful effect on all spasmodic diseases with the uninformed part of the community.

OF CROUP.*

This disease, which is principally incident to children, rarely occurs till after weaning. It is said to be most prevalent in low marshy countries, or on the sea coast, and in wet and cold seasons. It seems peculiar to some families and one attack favours a return on the slightest exposure to cold.

Of the Symptoms of Croup.

It generally commences with an obtuse pain about the upper part of the wind-pipe, which is increased on being pressed. The respiration is difficult, attended with wheezing and a peculiar ringing or stridulous cough, resembling much the crowing of a young cock, and a trifling expectoration of a mucous matter. The face is somewhat livid and often much flushed, and the swallowing little affected; there is also some degree of frequency and hardness of the pulse, great thirst, restlessness, and feverish heat. The urine, on the first attack, is generally high coloured, but sometimes limpid, and in the advanced stage, turbid. The wheezing and difficulty of breathing are increased by a kind of preternatural membrane or layer of yellowish pulpy matter on the inside of the wind-pipe, becoming separated and stopping up the

* This disease was, by some unaccountable mistake, omitted in the last edition.

passage; from this circumstance it is in its progress subject to sudden and considerable aggravations, in one of which it often proves fatal. The hands and feet are sometimes swollen.

Of the Causes of Croup.

It is occasioned by the application of cold combined with a moist atmosphere, particularly in the spring and winter seasons. The immediate causes of the sufferings of the patient consists in an inflammation of the inner coat of the wind-pipe, covered with a layer of yellowish pulpy matter, which Dr. Baillie has in some instances found to extend from the upper part of the cavity of the larynx to the small branches of the wind-pipe, distributed through the substance of the lungs. There is likewise found on dissection, a good deal of mucus in the wind-pipe and its branches, together with a mixture of matter.

Of the treatment of Croup.

From the situation, shortness, and suddenness of this disease, immediate and active remedies are requisite, the chief of which are bleeding and blistering. On the first attack of the disease, six leeches should be applied over the wind-pipe, and a blister to the nape of the neck and over the wind-pipe as soon as the bleeding from the orifices, made by the leeches, will admit of it. If the pulse be strong, or the feverish symptoms run high, the loss of blood from the arm will also be necessary; a dose of emetic tartar, No. 35, or the tartarised antimony wine, No. 16, should also be exhibited without delay; and if it should not operate on the bowels, a dose of the basilic powder, No. 36, or jalap and calomel, No. 27, should be given an hour after its operation. The child may likewise

breathe the vapours of warm water and vinegar. If the skin should continue dry and hot, five drops of the antimonial wine may be given every three or four hours with the saline mixture, No. 78; and in case these should fail of producing perspiration, the warm bath may be employed with advantage. The tincture of fox-glove, in the dose of six or eight drops twice or thrice a day, has, in some instances, been found very beneficial. The discharge of the blisters should be kept up by dressing them with the weak mercurial ointment. This application, after the removal of the dead skin of the blister, has in so many instances produced such immediate relief, that I have been disposed to attribute the recovery of the children principally to it.

The child may be supported with fresh milk, mixed with linseed-tea, of which from thirst it will drink a sufficient quantity for that purpose, so as to require nothing else. After the termination of the disease, the decoction of bark with liquorice will be necessary to prevent a relapse. Change of situation to a more light and dry air will also be advisable.

This disease sometimes attacks adults, when the same remedies to a greater extent are necessary.

Distinction of Croup.

The croup may be distinguished from inflammation of the throat by the particular shrill ringing sound of the voice, and the breathing being attended with a wheezing noise, at the same time swallowing is in general perfectly free.

Two species of croup has been noticed by some authors, the one depending on inflammation of the inner coat of the wind-pipe, termed inflammatory croup, which is the one I have described; the other from spasms, unattended with inflammation, termed spasmodic croup; the lat-

ter species comes on in the night-time. It often intermits, and in the intervals both the respiration and cough, if any exist, are free from the characteristic sound of the inflammatory croup. If this disease be attended to early, medicines will have a very salutary effect; but if it be suffered to continue long, it will prove very obstinate of cure, if not incurable. The best remedies are emetics of ipecacuan powder, frequently repeated, and the anti-spasmodic medicines, recommended for asthma, which must be persevered in till the croaking noise has entirely left the patient. See Asthma.

CUTANEOUS FOULNESS. See Eruptions of the Skin.

OF CUTS.

The sides of an incised wound, termed a cut, should be brought in contact with strips of diachylon plaster, No. 58, spread on leather or court plaster, No. 56, and kept in that situation by means of a bandage. If inflammation come on, the use of the lotion, No. 102, and aperient mixture, No. 62, will be proper. The traumatic balsam (commonly called Friar's balsam) is a very common but improper application for fresh cuts. The hot resinous gums of which it is composed being separated on mixing with blood, prevent the union of the edges of the wound, and thus occasion ulceration. It should therefore never be employed, however trifling the accident, as by its stimulating quality it may be productive of considerable mischief, particularly in an irritable habit.

In all cases of deep wounds, or when attended with contusion or much loss of blood, it will always be advisable to apply to an experienced surgeon.

OF DEAFNESS.

When deafness is occasioned by an accumulation or hardness of the wax, which is frequently the case, the ears should be syringed every morning with warm soap and water till it be removed, and a little wool or cotton worn in them, moistened with two or three drops of camphorated oil of almonds. When it arises from decay of the nerve, electric sparks, and a blister behind the ear, and the use of sneezing-powder, are the most powerful remedies. When ulceration is the cause, which is known by a discharge of matter, the ulcer should be healed as soon as possible, by syringing the ear every morning and evening, with the following lotion, made a little warm:

Take of tincture of myrrh, one drachm,
Egyptian honey, two drachms,
Pure water, eight ounces. Mix.

This diseased state of the ear, in which the tympanum is often more or less destroyed, frequently follows the yellow fever, and is generally very difficult to cure, the surrounding bone of the skull being commonly diseased.

If it arise from obstructions in the *Eustachian tube*, preventing the passage of air into the internal ear, the tube should be syringed with warm soap and water. When the cavity of this tube is obliterated by disease, which is not an unfrequent cause of deafness, Mr. Astley Cooper has ingeniously proposed to admit air into the internal cavity, by puncturing the *membrana tympani*, which he has practised very successfully. This operation is very simple, and attended with no pain.

A temporary deafness is often produced by slight cold, particularly in children, which frequently goes away in

a day or two after the use of a little aperient and sudorific medicine, and avoiding the occasional cause.

Deafness is frequently the consequence of a deficiency of the secretion of wax, when a liniment that will at the same time soften and gently stimulate the part, will afford considerable relief, if not entirely remove the cause, such as the following:

Take of oil of turpentine, two drachms,
Oil of almonds, six drachms. Mix.

two or three drops to be instilled into the ear, or applied by means of lamb wool.

Although deafness arises from so many different causes, empirics are bold enough to recommend their nostrums as a remedy for every species, which, if good for one, must necessarily be injurious to another. They should consider the ear is a tender organ, which requires very delicate management; and that by the imprudent employment of their medicines, in a case requiring a different treatment, this important sense may be entirely destroyed.

OF DIABETES.

This disease consists in a considerable increase of urine, equal, and sometimes exceeding the proportion that should arise from the quantity of aliment and fluid taken by the patient.*

* The urine evacuated having in many instances considerably exceeded the quantity of food and liquids taken by the patient, has induced some practitioners to suppose that the state of the skin is changed from a perspiring to an imbibing condition. It is, I think, much more probable that the water is formed in the system by the union of inflammable and vital gas (the constituent parts of water), particularly as people

Of the Symptoms of Diabetes.

The first symptom of this disease is, the increased discharge of urine without the appearance of any morbid affection of the rest of the system, which soon acquires a sweetish taste, and when subjected to experiment, a quantity of sugary matter is found, sometimes in the proportion of one-eighth, which is its leading characteristic, and likewise emits an odour approaching to that of violets. In a short time the stomach becomes affected, and great thirst and voraciousness and keenness of appetite prevail, often so great as scarcely to be satisfied; with these there is generally present a slight degree of fever, and as the disease advances, the emaciation and debility of the body gradually increase, and all the appearances of hectic fever are found.

Of the Causes of Diabetes.

The Causes of this disease are very obscure. It has been observed that those people who indulge in fruit, sweetmeats, high-seasoned dishes, wine, or fermented liquors,* are most subject to it. Moisture, grief, vexation

afflicted with diabetes are also much troubled with inflammable gas. This generation of water, I believe, often takes place in the lungs, and is the cause of dropsy of the lungs, asthma, and difficulty of breathing.

* Dr. Trotter observes, that the majority of persons he has known afflicted with this disease were lovers of the bottle. "I suspect (says this author), that many drunkards have this complaint without taking notice of it, and that it comes and goes without creating alarm, just as they happen to live regular or otherwise."

or agitation of mind, sudden variations of temperature, are noticed by some authors as predisposing causes. Others have attributed it to an increased action of the stomach, and the consequent vitiated state of its secretion, the direct effects of which they suppose to be the formation of saccharine matter with a certain defect of assimilation, preventing the healthy combinations, and exciting the immediate separation of the imperfectly formed chyle by the kidneys. But as the stomach is seldom deranged till the morbidly increased secretion of urine has existed some time, it is more probable that its affection is more the effect than the cause of the disease; besides, if an increased power of the digestive organs were the cause, one would expect, as the system became debilitated, the discharge of urine would be diminished, but so far from this being the case, this secretion in general increases with the debility of the body. The disease, more probably, depends, in a considerable degree (as Dr. Baillie thinks) on a deranged action of the secreting vessels of the kidneys, by which the blood is disposed to new combinations, the effect of which is the production of the saccharine matter. The learned doctor is further of opinion, that the chyle may at the same time be so imperfectly formed as to render the blood more readily changable into a saccharine matter. The kidneys on dissection are generally found preternaturally enlarged and flaccid.

Of the Treatment of Diabetes.

From the urine abounding with vegetable matter, Dr. Rollo has ingeniously proposed to cure this disease, by an entire abstinence from vegetable food, and supports his opinion by many well-attested facts. This plan, however, has not so well succeeded in the practice of Dr. Lubbock, of Norwich, who found, notwithstanding a

strict adherence to animal food, that no alteration was produced in the quantity or quality of the urine.

Dr. Gilby, physician to the general hospital, near Birmingham, relates several cases in the Medical and Physical Journal, of persons cured by the nitric acid, in the following proportion:

Take of nitric acid, a drachm and a half,
Barley water, half a pint,
Simple syrup, two ounces. Mix.

Four large table spoonfuls, to be taken with the same quantity of water, three times a day. Mr. Chavasse, surgeon, in Walsal, has found this medicine to answer in one bad state of the disease.

Dr. Dobson, of Liverpool, who has paid much attention to the complaint, recommends the use of strengthening medicines, as the bark; and Dr. Schutz, much extols lime water as a remedy.

The hepatised ammonia, with an abstinence from vegetable food, has also in many instances been successfully exhibited in this disease. The small dose, of five drops, should be begun with three or four times a day, in a little water, which may be gradually increased every day till it produces some degree of nausea, or slight giddiness. This medicine should always be dropt at the time of taking, as by being mixed up in draughts, or any other form, it soon undergoes a decomposition. A draught composed of fifteen drops of laudanum, twenty-five drops of antimonial wine, and a little mint water, is also recommended to be taken every night, and costiveness prevented by the occasional use of flowers of sulphur, No. 55, castor oil, No. 3, or the cathartic extract, No. 46. This plan is directed to be pursued till the morbid condition of the stomach is removed, the marks of which are, a diminished and high-coloured turbid state of the urine, accompanied

with a loss of appetite and loathing of food. At this time the tongue and gums lose their florid red colour and become pale: when this state occurs, exercise is to be conjoined and a gradual return to the use of bread is to be allowed, and vegetables, such as brocoli, spinage, peas, cauliflowers, cabbage, lettuce, and parsnips, in moderate quantities. The drink should consist of such liquors as afford the least saccharine matter, as weak brandy or rum and water.

Dr. Ferrear has succeeded in three cases, by giving the yellow Peruvian bark, with the uva ursi and opium, in the following proportion:

Take of yellow bark, in powder,

Uva ursi, in powder, of each one scruple;

Opium, dried and powdered, half a grain. Mix. To be taken four times a day, in a glass of lime water.

Lime water is likewise recommended by this esteemed author, for the common beverage.

Dr. Willan, in his work on the Diseases of London, remarks, that although the disease may be relieved, and the saccharine quality of the urine removed, by the above treatment, he never yet met with a confirmed case wherein the constitution was not considerably disordered, or some organ essential to life, defective.

Mr. Surr, a very ingenious surgeon in London, recommends a drachm of bark to be taken every two hours for a week.

The ratania root I have found to succeed much better than the Peruvian bark, and I believe is the most powerful medicine we are yet acquainted with. This root is the produce of Peru, and has been principally used by the wine merchants of Spain for the purpose of heightening the colour of wine, and giving it a pleasant degree of astringency. From the many trials I have made with it, I am persuaded that it is a very valuable strengthening medicine,

and superior in many respects to the Peruvian bark. The extract is the best preparation, which may be given in the following manner:

Take of the extract of ratania root, two drachms;
Ipecacuan powder, ten grains;
Liquid laudanum, fifteen drops;
Peppermint water, half a pint; Mix.

Of which a small wine glassful is to be taken every four or five hours.

During the use of this medicine, the warm bath once or twice a week for three or four minutes, and a flannel waistcoat next the skin, will be proper. The diet should principally consist of animal food, and the common beverage of three parts of distilled water and one of alum whey.*

The microscopic salt I have also found serviceable, and is certainly well worth a trial.

An increased secretion of urine is a frequent attendant on the hysteric affection and gout, when it is free from saccharine matter, and being a symptomatic affection, will of course cease with the primary disease.

OF DIARRHOEA, OR LOOSENESS.

Symptoms, &c.

This disease consists in too frequent and copious evacuations of liquid stools from preternatural irritation of the intestines, occasioned by acidity or perhaps putrescency of aliment, the undue use of purgative medicines, obstructed perspiration, and a translation of morbific matter

* This whey is made by boiling a drachm of alum in a pint of milk.

to the bowels. When the stools appear white like cream, the disease is called cœliac passion; and when the food comes away almost in an unaltered state, it is called lientery; but these distinctions have no reference to practice.

Of the Treatment of Diarrhœa, or Looseness.

When the patient's strength is but little affected by the discharge, it may generally be considered as salutary, and by avoiding much vegetable food, and taking broth, thickened with arrow root or rice, it will gradually cease.

When, from its debilitating effects, it is judged necessary to check the disease, the cure should be begun by a gentle emetic of ipecacuan powder, No. 23; and afterwards fifteen grains of rhubarb powder, No. 26, in a little cinnamon water, No. 33, to remove the irritating matter lodged in the stomach and intestines. The cure may be then completed by the use of the cretaceous mixture, No. 66, and the occasional use of the clyster, No. 96. If the skin be dry, three grains of ipecacuan powder, No. 23, with five drops of laudanum, No. 31, should be taken at bed-time, in a little cinnamon water, No. 33. After the complaint is checked, the tone of the stomach and intestines may be restored, by taking the decoction of the Iceland liverwort, as directed, page 151, or a tea spoonful of the tincture of Augustura bark, three times a day, in a little water.

The animal and vegetable jellies, recommended under the head of Arrow Root, page 85, will afford the best diet. Port wine, so frequently given for these affections, by turning sour, is often very hurtful. People subject to this complaint, will receive great benefit by wearing flannel next the skin.

Such as indulge in the too free use of the bottle are very liable to purgings, probably from a diseased state of

the inner coat of the intestines, and consequently vitiated secretions; in such cases, after the operation of an emetic of ipecacuan powder, and a gentle dose of rhubarb powder, the patient will receive benefit from the following medicines:

Take of alkalized mercury, half a drachm;

Opiate confection, one drachm;

Mix, and divide into eighteen pills, of which three should be taken every night, and two dessert spoonfuls of the tincture of the ratania root, or Columbo root, three times a day, in a tea cupful of the decoction of the Lichen Islandicus, (see page 151,) to which, in cases of acidity in the stomach, ten grains of the compound cretaceous powder may be added.

The salutary effects of these medicines will be very transitory, unless the patient avoids the occasional cause, and observes a regular mode of living.

For the Purging of Children, see Page 125.

Of the Distinction of Diarrhœa.

This disease is distinguished from Dysentery by the absence of fever on its first attack, by the discharge of real fæces, which in Dysentery is rare, and only in a particular hardened form, and the want of that fœtor in the discharge which attends Dysentery, and marks it as a contagious malady; but in the progress of the disease, Dysentery and Diarrhœa often become much allied.

OF DROPSY.

Description, Causes, &c.

This disease consists in a preternatural collection of the serous or watery portion of the blood, in different parts of the body, through weakness, in consequence of excessive

drinking, poor diet, loss of blood, &c. which, by relaxing the exhalent vessels, an increased quantity of serum escapes, and, at the same time, by diminishing the action of the absorbents, an accumulation is rapidly produced. It may likewise be occasioned by whatever increases the effusion from the exhalent vessels, or diminishes the action of the absorbents. Local dropsy is frequently produced by enlargements and indurations in the body, mechanically interrupting the free return of blood to the heart; thus an impregnated womb, by compressing the large veins that convey the blood from the lower extremities, often occasions dropsical swellings of the legs. Induration and enlargement of the liver,* in the same manner, will produce dropsy of the belly; and a polypus in the right ventricle, or ossification of the valves of the heart, an effusion of serum, or watery fluid in the chest.

Dropsy is distinguished according to its situation: When it occupies the cellular membrane, immediately under the skin, it is termed *Anasarca;* when in the cavity of the belly, *Ascites;* and in the chest, *Hydrothorax;* but the whole of such collections fall under the general denomination of Dropsy; and when produced by debility require the same method of treatment. The symptoms of Anasarca are an uniformly pale, and often shining distention of the skin, generally of the legs, at first soft, and readily receiving the pressure of the finger. The swelling, by an horizontal position, is much diminished, and the face becomes a little swelled. It gradually extends itself upwards, till it occupies the thighs and trunk of the body, and

* This diseased state of the liver is commonly produced by the abuse of spirituous and vinous liquors. Dropsy thus induced is commonly the harbinger of death.

sometimes even the head, attended with scarcity of urine, which is always high coloured. When it occupies the belly, the enlargement begins at the bottom, and gradually increases upwards, attended with a sense of weight, and an evident fluctuation of a fluid, on a sudden motion of the body. As it increases, the breathing becomes difficult, and the legs affected with dropsical swellings. When the cavity of the chest is the seat of the disease, there is always, more or less, a sense of anxiety about the heart, or lower part of the breast-bone, a difficulty of breathing, which is increased by lying down, a dry cough, palpitation of the heart, paleness of the face, and when far advanced, the legs become affected with dropsical swellings; a fluctuation of water is likewise perceived by the patient on any sudden motion of the body.

Of the Treatment of Dropsy.

The evacuation of the collected water, and restoration of the tone of the system, are the only objects to accomplish in the cure of this disease, when the cause is merely weakness. The first should always be attempted by internal medicines, in preference to surgical operations or blisters. For this purpose the bowels should be emptied by a full dose of the basilic powder, No. 36, and the following day the diuretic pills for dropsy, No. 80, with a wine glassful of the tonic mixture, No. 77, three or four times a day. The basilic powder should be repeated occasionally, or if the water be seated in the chest or belly, the following may prove more efficacious.

Take of powder of foxglove, one or two grains;
Prepared calomel, two grains;
Aromatic spices, five grains;

To be taken two or three times a week, in a little of the Batavian spirit of juniper. A table spoonful of steel wine

will likewise prove a very useful addition to each dose of the tonic mixture, in all cases of dropsy.

The emetic powder, No. 88, may also be given two or three times a week, if the strength of the patient will allow of it. The operation of an emetic not only increases the action of the absorbent vessels, but is a powerful remedy in the removal of visceral obstructions. A speedy absorption of the water of dropsical swellings is often produced by spontaneous vomiting.

In case the legs are affected, they should be well rubbed with a flesh brush, or camphorated oil, and supported by a flannel roller; electric sparks, by stimulating the absorbent vessels, have also proved beneficial. The diet should be chiefly animal food, and the common drink the Batavian spirit of juniper, or brandy (diluted) and port wine.

If the collection of watery fluid be not evidently diminished, after due perseverance in these means, if situated in the cavity of the belly, it should be drawn off by an expert surgeon; and if in the extremities, by blisters or scarifications,* at the same time continuing the use of the tonic mixture.

From the supposition that the condition of the skin of a dropsical patient is changed from a perspiring to an imbibing state, it has been proposed to besmear the surface of the body with oil. The quantity of water in the belly, accumulated in the intervals of tapping, which has been found considerably to exceed in weight the quantity of food and liquid taken in the time by the patient, may, however, be formed in the system by the union of the in-

* These means should not be resorted to without the sanction of an experienced practitioner.

flammable and vital airs, the former of which dropsical patients are much troubled with, and which evidently enters the blood vessels, by its passing off in considerable quantity by the lungs. See Flatulency.

The causes of dropsy are more numerous than those of any other complaint, and it is more frequently the consequence of some other disease than a primary affection. It is likewise often influenced by such a variety of untoward circumstances, that it is impossible to lay down general rules for its treatment.

The diet should be nutritious, and consist chiefly of animal food, either roasted, or stewed down into soup or rich broth, and the beverage good port wine, or the Holland spirit of juniper (commonly called gin), diluted with water, or with the imperial drink noticed under the head of cream of tartar, page 57, which will also promote the operation of the medicines by increasing the secretion of urine. The common practice of confining dropsical patients to a limited use of liquids has never, I believe, been attended with any advantage. Dr. Cullen observes, that he has seen it carried to great length without any manifest benefit to the patient, while on the contrary (observes this esteemed author,) the practice of giving drink very largely, has been found not only safe, but very often effectual in curing the disease.

The ingenious and learned Dr. Millman recommends large quantities of watery liquids for the cure of dropsy. Not only from the instances he mentions from his own practice, and from that of several eminent physicians in other parts of Europe, but also in many instances in the records of physic, of the good effects of drinking large quantities of mineral waters in the cure of dropsy. I can have no doubt of the practice being very often extremely beneficial, by promoting the operation of diuretic medicines.

Exercise is often highly useful in dropsy; any mode may be employed that the patient can most conveniently take, such as walking, riding either on a horse or in a carriage, or swinging. It should always be as much as he can easily bear. By exercise alone, I am persuaded, employed early in the disease, Anasarca, or dropsy of the lower extremities, may often be cured.

Dropsical swellings of the legs, attendant on pregnancy, may be relieved by flannel rollers, friction, and keeping the legs supported on a sofa or stool, and avoiding costiveness, by taking a gentle dose of rhubarb powder occasionally.

OF DYSENTERY.

This disease generally occurs in summer and autumn, about the time autumnal intermittent and remittent fevers appear, with which it is often complicated. When attended with discharges of blood, it is vulgarly called bloody flux.

Of the Symptoms of Dysentery.

Frequent evacuations of slime or mucus from the intestines, often mixed with blood, and when attended with the natural fæces, they are generally in a compact and hardened form; the motions frequently small, accompanied with very severe griping, and followed by a bearing down and irritation at the anus. With these symptoms there are a loss of appetite, sickness, and vomiting, and the patient sooner or later is affected with a fever, sometimes, inflammatory, and very often of a putrid kind. This disease is more frequent in warm than in cooler climates, and, from its infectious nature, is often epidemic, in camps and other places.

Of the Causes Dysentery.

Putrid air and aliment; fruit, and the too frequent use of fermented liquors; the action of strong cathartic medicines, and whatever increases the natural irritability of the intestines, as obstructed perspiration, are the causes of this disease.

From the dissection of patients, who have died of this disease, the coat of the colon and rectum have been found affected with inflammation and its consequences, viz. ulceration, gangrene, contractions, and thickening.

Of the Treatment of Dysentery.

In the cure of dysentery, the first object is the evacuation of the irritating matter in the stomach and intestines, by the emetic powder, No. 88, and Epsom salt, No. 2, or the aperient mixture, No. 62, after their operation, in order to allay the increased irritability of the intestines, and to produce a determination of perspirable matter to the skin, two grains of ipecacuan powder, No. 23, with ten drops of laudanum, No. 31, may be given every three hours. The starch lavement, administered twice or thrice a day, will also prove serviceable, by sheathing the inner surface of the large intestine, and also as a fomentation. When the pulse is full, hard, and strong; or when approaching inflammation of the intestines is suspected; the loss of blood from the arm may be necessary; but otherwise it will prove detrimental.* If the pain in the

* At a certain period of this disease, which can only be determined by a skilful practitioner, blood letting is often a very important remedy, but after the inflammatory symptoms have subsided, the loss of blood will not only retard the recovery, but endanger the life of the patient.

bowels be violent, the warm bath and a large blister to the abdomen will be necessary. The diet should be chiefly vegetable jellies, as that of arrow root, sago, tapioca, veal-broth, &c. &c.

When the first or violent symptoms are abated, and the disease advanced to a chronic stage, the following powder, taken three times a day in a teacupful of the decoction of the Iceland liverwort, (see page 151,) will generally complete of the cure.

Take of ipecacuan powder, one grain;
Rhubarb ditto, four grains;
Cinnamon ditto, four grains. Mix.

If, after three days trial of this medicine, the symptoms should not considerably abate, eight grains of the compound cretaceous powder, and five drops of laudanum, may be added to each dose.

Several astringent and strengthening medicines are recommended at this period of the disease by medical authors, such as Simarouba bark, Columbo root, Cascarilla and Peruvian bark; but I have found none of them to answer so well as the Iceland liverwort, which has never disappointed my expectations in one instance. Dr. Cheston, of Gloucester, has noticed a very obstinate case of dysentery, which resisted all other remedies, that was effectually cured by a decoction of this herb.

If the disease should continue obstinate, some visceral obstruction or ulceration of the inner coat of the intestines may be suspected; in either case, five grains of the alkalized mercury, with five drops of laudanum, in a tea cupful of the Iceland liverwort decoction, twice a day, will prove very beneficial. The patient should avoid the use of acids and vinous or spirituous liquors.

Opium should never be employed in this disease unless a free evacuation of the bowels has been procured by

aperient and emetic medicines, and the excitement of the system diminished, as it generally aggravates the inflammatory symptoms.

The treatment of this disease must, in a great measure, depend on the nature of the fever accompanying it, and, in all cases, must be varied according to the predominating symptoms, &c. As the fever in general is of an ambiguous nature, it will be advisable to call in regular assistance in the first instance.

This disease is sometimes highly infectious, and is no doubt often propagated by the effluvia arising from the motions of the patient. They should therefore not be suffered to remain in the house, but conveyed to some distance from it immediately after their evacuation if possible, and the vessel afterwards washed with vinegar. The room should likewise be often fumigated with nitrous vapour, as directed page 88, which will not only prevent the disease from spreading, but tend considerably towards the recovery of the patient.

After the disease is cured, the essential salt of bark should be taken, (see No. 24, or Mixture, No. 77,) to restore the tone of the stomach and bowels; and if it be complicated with intermittent fever, the salt of bark should be employed in the earlier stages of the disease. Flannel should likewise be worn next the skin.

Of the Distinction of Dysentery.

This disease may be distinguished from diarrhœa, not only by being attended with a greater degree of fever and pain in the bowels, but particularly by the motions, consisting chiefly of a slimy mucus, in which the natural fæces are seldom observable, and when so, it is in hard pieces or lumps.

OF EPILEPSY.

From the patient suddenly falling to the ground on an attack of this disease, it is also called *Falling Sickness;* and from its affecting the mind (being the most noble part of the rational creature), it was termed by the ancients, *The Sacred Disease.*

Symptoms of Epilepsy.

An involuntary and violently convulsive contraction of the greater part of the muscles of voluntary motion, particularly of the extremities of the eyes, the tongue, the lower jaw,* and the bladder, attended with foaming at the mouth and a total loss of sensation, and ending in a state of insensibility and apparent sleep. When the patient recovers, he complains of topor, heaviness of the head, and general lassitude. The fit often attacks suddenly, but for the most part is preceded by a pain in the head, lassitude, dimness of the eyes, and a kind of tremulous sensation, beginning in the lower extremities, often in the great toe, and ascending to the head. The fits frequently recur during sleep.†

* A person unacquainted with the nature of these fits, would naturally suppose, on seeing the body so convulsed and agitated, that the person must be in great agony. They are, however, at the time in a perfectly insensible state, and their sensations on recovery are often pleasurable, sometimes, however, they are the reverse, and the horror of mind some experience has been indescribable.

† I was requested to see an epileptic patient a few months since, who was always attacked with the disease on going to bed, and continued more or less convulsed all night. He,

Of the Causes of Epilepsy.

The dissection of epileptic persons has shewn a variety of morbid appearances: as indurations in the brain or membranes; caries or preternatural projections of the internal surface of the skull bone; collections of serum, or purulent matter, and earthy concretions within the skull; while others, who have died of epilepsy, have exhibited no such appearances. An aneurism in the head may, and I believe is often the cause of this disease, by the pressure and irritation produced from distention, which often ends in fatal apoplexy or palsy, from the rupture of the aneurismal sack; a termination by no means unfrequent. It is likewise produced by the irritation of the worms in the stomach or intestines, particularly the tape worm; dentition, and violent passions of the mind, both of the exhilirating or depressing kind; as, anger, joy, terror, and grief.*

In children, epileptic fits often precede the eruption of small-pox, measles, and other contagions, and sometimes occur in females subject to a retention of the menstrual evacuation; but they more frequently proceed from an hereditary disposition in the system. See Convulsions of Children, page 136.

Of the Treatment of Epilepsy.

A great variety of remedies for this disease has been recommended, from the time of Galen to the present

however, rose every morning at the usual hour, without the least knowledge of what had happened, and apparently refreshed for his sleep; nor would he have known that he was subject to them, had not a young man who had happened to sleep with him mentioned it to him.

* Van Swieten's Commentaries, vol. iii. p. 414.

period, but they have failed of either curing or modifying the symptoms. The *nitrate of silver** has lately been much celebrated as a specific by Dr. Cappe, of York; Dr. Sims, and Dr. Bostock; which, unfortunately, has not been confirmed by farther experience, Dr. Magennis, and Dr. Kinglake, having published several cases in which it proved of no advantage. In case it arises from worms, the basilic powder, No. 36, or the electuary, No. 86, with the use of lime water, and tonic mixture, No. 77, will prove sufficient for the removal of the cause. See worms.

When the source cannot be ascertained, if the patient be of an apoplectic make, and plethoric habit of body, bleeding will be proper, but not otherwise, as the loss of blood, by inducing debility, will render the recurrence of the fits more frequent. Valerian tea, with spirit sal volatile, may be tried, or the following pills:

Take of nitrate of silver, one scruple;

Extract of white poppies, two scruples. Mix well, and form into twenty-four pills.

One to be taken twice a day.

If these pills fail to afford relief in twelve days, (for I do not conceive it safe to continue them longer, unless the patient derives very considerable advantage from them,

* When this preparation was first recommended as a specific for this disease, Dr. Cheston was induced to give it a trial at the Gloucester infirmary. The first case that occurred, was a young man that had been subject to them twice a day for many years. After the exhibition of two or three doses, the fits suddenly left him, and he was shortly after discharged cured. He soon experienced a relapse, for which he was readmitted, and the same medicine administered without evincing any effect whatever.

without producing any derangement of the digestive organs or bowels,) the following are worth a trial:

Take of vitriolated zinc, half a drachm:

Essential salt of bark, one drachm. Mix, and divide into twenty pills.

One to be taken twice a day, with a draught of valerian tea.

The following bolus is much recommended by Dr. Hugh Smith:

Take of Russian castor, one scruple;

Oil of hartshorn, six drops;

The confection called Paulina, ten grains. Mix, for a bolus.

To be taken every six hours.

The flowers of cardamine, or lady's smock, has been prescribed with advantage by Sir George Baker; the fresh powder may be taken, to the extent of a drachm, three or four times a day.

Mr. Hodgson, of Bishopwearmouth, has published a case of a young girl, about eight years of age, that was cured by electricity. A young lady was cured by citizen Portal, that was every day attacked by an epileptic fit, which began in one of her toes; this circumstance suggested to that able anatomist the idea of cutting the nerve, for the purpose of interrupting the communication with the brain, but he began by the application of opium to it, and that alone proved sufficient to effect a complete cure.

The good effects of calcined zinc, have been attested by Dr. Haygarth, of Chester; Dr. White, of York; and Mr. Bell, of Edinburgh.

The following prescription for the exhibition of this medicine, is given by that able practitioner, Dr. Saunders:

Take of calcined zinc, eight grains;

Conserve of roses, sufficient to form a bolus.

To be taken twice a day.

Dr. Henry Fraser has lately published a treatise on the efficacy of the misletoe of the oak in the cure of epilepsy; and it appears that Mr. Heynes, an ingenious surgeon, at Moreton, in Gloucestershire, has experienced the efficacy of this vegetable in three different cases of epilepsy; all of which, it is stated, previously baffled the skill of several eminent practitioners; and Dr. Fraser asserts, that its exhibition has uniformly been attended with success under his directions. A case of this disease in a lady of quality, in which it proved remarkably successful, is mentioned by Boyle; and, some years afterwards, its use was strongly recommended by Sir John Colbach, who has related several instances of its good effects. Of this remedy I cannot speak from experience, its properties and utility must, therefore, rest upon the credit of the authors who relate them, who are very respectable. From twenty to forty grains of the fresh powder may be taken three times a day in a glass of rosemary tea.

As there is incontrovertible evidence that these medicines have succeeded in certain cases, they are all deserving of trial; for, in the treatment of so distressing a disease, no plausible remedy should be left untried.

In case the patient should complain much of pains in the head, a seton in the nape of the neck should not be neglected, and the feet kept warm by the use of flannel socks.

The diet should be nutritious, but not stimulating. Distilled water should be used for the common beverage, and in every article of diet that requires water, it should be employed; this article, although simple in itself, may, by producing an alteration in the system, prove of more real and permanent advantage than the most potent medicines. Hippocrates judiciously directs a total change in

the manner of life, that former habits may lose their influence.

The power of association of ideas in the mind, is in this disorder very remarkable: a gentleman, now resident in the city of London, is always siezed with an epileptic fit on entering his carriage; and Van Swieten relates a case of a child, who after being frightened into an epileptic fit by a great dog leaping on him, experienced a return of them for some time on seeing a large dog, or even by hearing his barking at a distance. It is a well-known fact, that the mentioning or recalling to the mind any particular circumstance that attended an epileptic fit, will often re-produce it. Hence, the learned Galen very judiciously advises all things to be avoided that lead to the recalling the disorder to the memory. Others of the ancient physicians, observing how much this complaint is connected with mental affections, and how it may be reproduced by reflecting upon it, have endeavoured to abstract the mind from such ideas, by exciting impressions still more powerful. Upon this principle it was, I apprehend, advised by Pliny,* for the patient to drink the warm blood of a gladiator, that issued from him in the agonies of death. Scribonius Largus directs a proportion of his liver† to be eaten for the same purpose; and Aretaeus not only mentions these, but several others of the disgusting kind, as, the raw heart of a coot, the brain of a vulture, &c. If these strange hideous remedies could have any efficacy, Dr. Falconer observes, that it must be owing to their absorbing the attention, and of course leaving no

* Pliny's Hist. Nat. lib. 28. cap. i.

† Scribon. Larg. cap. ii.

room for the apprehension and recollection of the disorder to operate, and in this way it is possible they may have been of service. The relics of saints, and such like trumpery, have, on the same principle, obtained celebrity in the prevention of this disease, the religious ideas connected with them, no doubt, in those superstitious times, operated powerfully on the imagination.

Of the Distinction of Epilepsy.

This disease may be distinguished from apoplexy, by the increased action of the muscles, and from hysterio fits, by not being attended with the spasmodic contraction of the muscles of the gullet, giving the patient a sensation of a ball rising in it, and by the patient having no dread of death.

ERYSIPELAS. See St. Anthony's Fire.

OF ERUPTIONS OF THE SKIN.

Under this head I shall include the treatment of those chronic eruptions of the skin, generally, but improperly, termed *Scorbutic.*

When pimples, or pustules in the face, are the consequence of high living, or excessive drinking, the best medicine is the aperient sulphureous water, or neutral salts, as directed, No. 2.

The scaly affections of the skin, or clusters of small pimples, unattended with fever, will generally yield to the medicines recommended under the head of tartarised antimony wine, (See Nos. 2, 61, 54, and 55,) with the topical application of the ointment, No. 106.

Diseases of the skin are very numerous, and many of them were very obscurely understood, till the late valuable

publication by Dr. Willan, who has devoted much time to their investigation; it is to be feared, however, that the introduction of cow pox, has considerably added to their variety, since many obstinate cutaneous diseases have followed, which were totally unknown before.

When they arise from a constitutional cause, they should be considered salutary, and treated *only* by internal remedies. External applications should never be employed unless recommended by some medical practitioner, as by their imprudent use, particularly quack remedies (which are chiefly composed of mercury), many lives are destroyed, by repelling the morbific matter to the brain, lungs, or bowels.*

For those chronic inflammations of the skin, appearing in patches over the body, in the spring and autumn (generally termed leprosy, and by some scurvy), the following medicines I have never known to fail in the most obstinate cases:

Take of precipitated sulphur of antimony, one drachm;
Prepared calomel, fifteen grains;
Conserve of hips, sufficient to form a mass. To be divided into thirty pills.

One to be taken twice a day, with a draught of decoction of the inner rind of elm bark, (see No. 16,) or of the sassafras and sarsaparilla roots. After taking the pills four days, a little of the following ointment should be rubbed over the part affected, every night:

Take of ointment of nitrated quick silver,
Spermaceti ointment, of each equal parts.

* Many instances of the fatal effects of this class of lotions have been published in the "Medical Observations and Inquiries, &c."

To be well mixed in a glass mortar, or with an ivory spatula, as metals will decompose the ointment, and destroy its efficacy.

The eruption termed ringworm is too well known to require description. A very popular, and generally successful application, is common ink, whose efficacy depends on the quantity of steel it contains. The muriated tincture of steel is equally efficacious, and a much neater application. When it resists this remedy, the nitrated ointment of quicksilver, rubbed over the part every night and morning, will seldom or ever fail to cure it. The solution of the Epsom salt, with sulphur, recommended No. 2, will also be very proper.

In all cases of eruptions of the skin, the state of the digestive organs should be particularly attended to. It is often the source of the most obstinate cutaneous affections, and when impaired never fails to aggravate them. Before, therefore, an alterative course of medicine be adopted, it will be proper to clear the first passages by an emetic, and a brisk aperient medicine, and to keep up a good digestion by the decoction of sarsaparilla root, with the tincture of columbo, two or three times a day, during the use of the alterative medicines. If the disease occur in a scrophulous habit, it will become complicated with it, in which case the prepared natron, taken as directed, No. 60, will correct the habit of body, and thus prove a powerful auxiliary to the external application.

The diet should consist principally of vegetables, unless the strength of the system be much reduced, when fresh meat may be allowed. Salted and fat meat, high seasoned dishes, and spirituous liquors, should be avoided. Distilled water, or whey, or butter-milk, will afford the best beverage.

Children, from their birth till after teething, are subject to a variety of eruptions of the skin, such as, the red gum, tooth rashes, nettle rash, watery eruptions, &c. &c. which, although they differ in appearance, progress, and extent, seem all to arise from the same cause, viz. a vitiated state of the humors from predominating acidity in the stomach, or the milk of an unhealthy nurse.

In the treatment of these early eruptions, external applications should never be employed, unless prescribed by a skilful physician or surgeon, or practitioner well acquainted with those diseases of infancy. Exposure to cold should be carefully avoided, and the state of the stomach corrected by small doses of magnesia, to which a little cretaceous powder may be added in case the bowels are much disturbed. If the child be of a gross habit of body, the basilic powder will also be proper, as directed No. 36. As the milk is often in fault, the nurse should take a tea spoonful of the tincture of columbo, with a little magnesia, in simple peppermint water, two or three times a day, and to obviate costiveness, by the use of the solution of Epsom salt, as advised No. 2.

When the scales of an eruption become troublesome from hardness, a little spermaceti ointment or cream may be applied to them.

EXCORIATIONS,

Arising from friction, may be easily cured by applying the spermaceti ointment, No. 41, or the discutient lotion, No. 92. In case of much inflammation, the emolient poultice, No. 112, will be more proper; and if attended with fever, the aperient mixture, No. 62, and the saline mixture, No. 78, will also be necessary, and small doses

of laudanum, No. 31, after the operation of the opening medicine, if attended with pain. A low diet should be observed till the inflammatory symptoms are gone off.

For the EXCORIATIONS OF CHILDREN,
See Page 142.

OF FAINTING, OR SYNCOPE.

Symptoms.

The fainting fit begins with great anxiety about the heart, the pulse and respiration become suddenly weak, and sometimes to such a degree, as to all appearance wholly to cease, with coldness of the extremities, and death-like paleness of the face, &c.

Of the Causes of Fainting.

These fits are most commonly occasioned by excessive evacuations, particularly of blood; they are likewise produced by passions of the mind,* violent pain, impediments to the free circulation of blood, as polypus, aneurism, and ossification of the aorta, and probably by the communication between the auricles of the heart remaining entire.

Of the Treatment of Fainting.

When the fit is in consequence of excessive evacuations, the body should be immediately placed in an horizontal

* The effects of mental agitation in causing fainting are well known; and, when violent, sometimes prevent the reaction of the system, and consequently occasion sudden death.

position, in a currency of air, and the acetic acid, or sal volatile, applied to the nostrils and temples; of the latter of which a tea spoonful may likewise be given in a little cold water; the extremities should be rubbed with warm flannel, and cold water sprinkled over the face and neck. After the recovery from the fit, the patient should be supported with a nourishing diet, as beef tea, or arrow root, with a little wine. When it arises from pain, the patient should take laudanum, as directed No. 31, which will also prove the best preventive. If the consequence of passions of the mind, and the patient be plethoric, the loss of blood from the arm will be necessary. If from debility, the tonic mixture, No. 77, should be taken; and if from obstruction of the circulation, from polypus, or organic disease of the heart, much bodily exertion, or whatever tends to hurry on the circulation, should be avoided.

It is no difficult matter, says the learned Dr. Falconer,* to induce a habit of fainting in persons endued with great irritability of nerves, and nothing conduces more to increase this, than a *studious* solicitude to avoid every thing that is likely to have that effect. It fixes the mind on the very object we would wish to avoid, and by *augmenting* the effects of trivial accidents, multiplies the number of causes that may produce the disorder dreaded; a firm resolution to resist the effects of frivolous incidents upon the mind, and of course on the nerves, is far preferable. Haller has related a story where a disposition of this kind was conquered by a vehement exertion of the will; and almost every person has seen temporary fits of a similar kind put off by the struggles and resolution of the person attacked.

* Dissertation on the Passions, page 109.

FALLING SICKNESS. See Epilepsy.

FEVER INFLAMMATORY. See Inflammatory Fever.

FEVER INTERMITTENT. See Intermittent Fever.

FEVER PUTRID. See Typhus Fever.

OF FILMS OR SPECKS ON THE EYE.

To remove films, or small specks on the eyes, the eye water, No. 101, dropped into them two or three times a day, will generally succeed; if attended with inflammation, the application of a blister to the nape of the neck; the use of the aperient mixture, No. 62, and an alterative bolus of two grains of calomel, No. 34, every night for a week, will likewise be necessary.

If the eye water should not prove sufficiently strong, a little levigated glass, or powdered cuttle-fish bone, should also be blown into the eyes through a quill, every night or morning, or applied mixed with a little honey, by means of a camel hair pencil.

OF FLATULENCY.

So prevalent are flatulent affections of the stomach and intestines in this country, that very few persons, if any, are entirely exempt from them. They have, however, by no means met with that attention from the medical profession to which their frequency and effects on the constitution entitle them. Indeed, so little have their causes and nature been investigated, that they have been

merely noticed as symptoms of indigestion. The gas, (vulgarly termed wind), generated in the stomach, is of the carbonic acid kind, probably the effect of a decomposition of vegetable aliment in the stomach, in consequence of weakness or error in the digestive organs, the food, instead of being properly digested, undergoing a slight degree of fermentation, and disengaging a quantity of gas: flatulency may so far be considered the effect of indigestion. But the gas generated in the intestines is of a very different kind, being *inflammable air*, generally confined to the great intestines, named the colon and rectum, and evidently not immediately the effect of indigestion. This gas is I believe always discharged downwards, and sometimes very offensive to the smell, similar to the inflammable gas arising from gutters or stagnant water.

The air evolved in the stomach being evidently the effect of weakness of the digestive organs, will be considered under the head of indigestion, but as the generation of inflammable gas in the intestines is difficult to account for, I shall notice it here as a primary complaint, and, for the sake of distinction, term it *Intestinal Flatulency.*

It is extraordinary that this species of flatulency should have escaped the investigation of Hippocrates, who has been particularly minute in delineating the symptoms of diseases, but at that period, the nature of the different airs were very imperfectly known. Sauvage, in his Nosology, notices two species, viz. the acid,* and fœtid,† but he considers them to differ only as to smell, and as arising from the same source. Nor do I find, that they have been

* Flatulentia acida, Spec. 1, Sauv.

† Flatulentia nidorosa, Spec. 2, Sauv.

noticed by those pneumatic theorists of the present period, who have endeavoured to prove, that many diseases arise from certain decompositions or combination of airs in the human body, and are to be cured by the exhibition of different gases.

People who indulge themselves in the free use of spirituous and vinous liquors, are most troubled with this species of flatulency, and it is remarkable that even the breath of those who are in the habit of frequent intoxication, is strongly impregnated with inflammable gas. Whether this gas be disengaged from the wine or spirit, or whether those liquors, by their chemical action on the inner coat of the intestines, produce a morbid secretion of mucus, and inflammable gas is in consequence generated, I cannot take upon me to say. I have, however, met with patients much affected with this air, who were not apparently addicted to the pernicious habit of dram-drinking, or taking wine even in moderate quantity; but from such a circumstance one can draw no conclusive inference, for those who do not take their cheering glass publicly, may privately. The ingenious and learned Dr Trotter is of opinion, that vinous spirit mixes with the blood, " for we know (says this author), that hydrogeneous gas (i. e. inflammable air), escapes from the lungs in such quantity as to be perceived in the breath; we are, however, ignorant what combinations this gas, or other parts of the spirit, may form with the human fluids. That eminent physician, Dr. Baillie, in his inestimable work on the morbid appearances of the human body, observes, " It is not unusual to find air accumulated in the intestinal canal in greater or less quantity. This air is sometimes accompanied with slight inflammation of the peritonæum, and other times not. In such cases, the blood vessels on the intestines are frequently filled with

air. There are only two ways in which we can well conceive air to be formed in the intestines. The one is some new arrangement in the contents of the intestines by which air is extricated; the other is, the formation of air in the blood vessels of the intestines, by a process similar to secretion, and which air is afterwards poured out by the extremities of the exhalent arteries into the cavity of the intestines. That the blood vessels have this power there can be no doubt; and I own (says the Doctor), that this is a very frequent mode by which air is accumulated in the intestines. Of the nature of this gas, this able anatomist does not give a decided opinion, but observes, " that it requires to be examined by some person well acquainted with chemical experiments, in order that its ingredients may be well ascertained."

Nervous and hypochondriacal patients, appear to suffer so considerably from this gas, that I never knew a nervous patient who did not always find himself much benefited by a free expulsion of it; and I have been assured by many, that in proportion to its fœtor, so has been their relief. Even violent head achs, stupor, palpitations of the heart, horror of mind, dimness of sight, noises in the ear, nervous twitchings, and a variety of other symptoms, have been speedily relieved by its evacuation. That this inflammable gas enters the blood vessels, is obvious, from its passing off by the breath, but whether these nervous affections be thus excited, or whether it be sympathetic of the irritation produced by it on the inner coat of the intestine, cannot be easily determined. That it is the cause of many nervous complaints, I think there can be but little doubt. Water being compounded of inflammable gas and oxygen or vital air, I think it possible that water may be formed in the system by the union of inflammable gas with the oxygen of the blood,

and thus produce dropsical swelling, and at the same time, by depriving the blood of this vital principle, induce a dangerous degree of weakness in the system. Such an occurrence is, I think, more probable, than that the condition of the skin should be changed from a perspiring to an imbibing state, which from the accumulation of water has been supposed to be the case in some diseases of emaciation.

Of the Treatment of Intestinal Flatulency.

The first object in the treatment of this complaint is, to empty the intestines by such active aperient medicines that will also carry off the vitiated slime adhering to the coats, and at the same time excite an healthy action in the mucous glands. For this purpose, calomel will answer best, five grains of which may be taken at bed time (made into a pill with a little conserve of hips), and purged off the next day with the solution of Epsom salts, as recommended No. 2. These medicines should be repeated at least twice a week for a fortnight. In the intermediate time, three table spoonfuls of the following mixture may be taken three times a day:

Take of red rose leaves, three drachms;
Infuse in twelve ounces of boiling water till cold, then strain, and add
Sweet spirit of vitriol, three drachms;
Compound tincture of cardamom seeds, sixdrachms;
Tincture of ginger and camomile, three drachms.

If the constitution have suffered from the free and continued use of spirituous liquors, he should, after the above medicine, continue the following mixture for some time:

Take of the infusion of roses (made as above), twelve ounces;

Diluted vitriolic acid, three drachms;

Epsom salt, three drachms;

Tincture of cardamom seeds, half an ounce. Mix. Three table-spoonfuls to be taken twice a day.

The Jamaica ginger powder is the best carminative that can be used in this case, as it not only effectually expels the gas, but, I believe, also corrects the secretion of the intestines, and, by stimulating their inner coat, occasions them to throw off any accumulation of mucus; thus, the fæces of people in the habit of using it are generally covered with slime.

It is scarcely necessary to observe, that the patient should avoid spirituous or vinous liquors; if not immediately, at least by degrees.

It is a very common practice with physicians to desire their patients, troubled with this complaint, to abstain, as much as possible, from a vegetable diet. I have known this advice very strictly adhered to, but I have not found that the patients have been the least benefited by it, nor is it to be expected, from the nature of the gas, that they would; for the fixed air disengaged from vegetables rather corrects it than otherwise. Indeed, water saturated with fixed air, as the soda water, I have found an excellent palliative, and evidently to diminish intestinal flatulency; fixed air readily mixing with it, effectually destroys its offensive odour. A proper admixture of vegetable and animal food I have found best to agree with such patients, and distilled water as a beverage.

The cordial medicines of quacks, as well as ardent spirits (from which they little differ), and wine, often afford flatulent patients some relief, by expelling the air contained in the intestines; they, however, afterwards supply it in greater quantity to the blood, and a patient, encouraged to persevere in the remedy from the

transitory relief it affords, does not discover the error till his stamina is so far destroyed, that an increased dose of the cordial becomes absolutely necessary to keep up the vital functions.

The mischief that flows from this polluted source is incalculable. The most robust constitution is often ruined, and where it has not been fatal in itself, it will lead to other excesses, which in process of time will infallibly terminate the life of these deluded votaries of pleasure. To say the least of their deleterious effects, how completely do they frustrate the great ends of social intercourse, the promotion of harmony, and the attainment of knowledge—

"That Feast of Reason, and that Flow of Soul!"

How justly, then, may we exclaim, in the emphatic language of the immortal Shakespeare, "Every inordinate cup is unblessed, and the ingredient is a devil."

OF GOUT.

The gout is generally allowed to be an hereditary* disease, but more often acquired by high living and a sedentary life. The male sex are generally its victims.†

* Dr. Latham, in a late epistolary dissertation addressed to Sir George Baker, denies that it is an herditary disease; however, this much appears to be certain, that parents do transmit that kind of organization to their offspring, which disposes them to take on a gouty action.

† Hippocrates observes, that women seldom have the gout, and never before the age of 45. In his time and country, perhaps the ladies were more temperate than they were in other countries, or in the present state of modern refinement. It appears, however, that the gout was a familiar disease among

It is divided into regular and irregular. When the inflammation appears in the joints to a due degree, and gradually disappears, after a certain duration, leaving the patient rather in an improved state of health than otherwise, it is termed Regular.

Of the irregular there are three species, viz.

1st, Atonic: When the constitution is tainted with the gout, but from some cause, the inflammatory affection of the joints is not produced; the organs of digestion impaired, and the general health variously affected.

2d, Retrocedent: When the inflammation attacks the joints slightly, and suddenly abates and affects an internal part. And,

3dly, Misplaced: When the gout attacks any of the internal parts, instead of the joints of the extremities.

OF REGULAR GOUT.

Description.

A regular fit of the gout rarely comes on till the age of thirty-five, unless from a strong hereditary predisposition. It attacks sometimes suddenly, but generally preceded by derangements in the constitution, as indigestion, flatulency, loss of appetite, cramp in the stomach and calves of the legs, head-ach, stupor, numbness, a sense of pricking in the thighs and legs; the day preceding the attack, the appetite generally returns much keener than usual. It comes on sometimes in the evening, but generally about two or three o'clock in the morning, and for

the Roman ladies; which Seneca, in his 95th Epistle, justly ascribes to the luxurious living and debaucheries in which they indulged without controul.

the most part in the Spring of the year. The ball of the foot, or joint of the great toe, is commonly the seat of regular gout, the pain and inflammation of which uniformly increase, with more or less of a shivering, which abate as the pain becomes more violent, and is succeeded by a hot stage of the same duration as the pain, and with it gradually declines, when a gentle perspiration comes on, and the patient falls into a much desired sleep.

Of the Causes of regular Gout.

The occasional causes of the gout are evidently of two kinds, viz. Those which induce a plethoric state of the body; and, secondly, Those which in such habits induce a state of weakness. Of the first kind may be inumerated, sedentary indolent manner of life, full diets, especially of animal food, and the great use of wine and other spirituous liquors;* and of the latter class may be noticed,

* This disease, so often the companion of wealth and indolence, has been so frequently induced by the excess of wine, that in every age it has been justly styled the offspring of Bacchus. This fact is sufficiently substantiated in the records of medicine, for gout is seldom or never seen in the habitations of poverty and labour. In youth, hard drinking is particularly injurious, it brings on premature decay, and, more than any other cause, paves the way for the diseases of age before the meridian of life. But as the organs of digestion are so principally concerned in gout, the excess of drinking acts with peculiar force. It is highly probable, that the mere pains and inflammation of the joints are very secondary symptoms of the complaint, and that the only sure way to ward it off is, by preserving the vigour of the digestive organs, by temperate and abstemious living, and by beginning early in youth to pursue a regular

in habits of an hereditary disposition, whatever may, directly or indirectly, tend to diminish the powers of the system, as excesses of all kinds.

Dr. Cullen considers a fit of the gout, an effort of nature to restore tone and vigour to the nerves, which she accomplishes by exciting inflammation in their extremities, and which, after subsisting some days, gradually leaves the patient in an improved state of health; and this opinion the learned professor supports with a long train of ingenious arguments.

Mr. James Parkinson, who has lately published an excellent treatise on the nature and cure of the gout, is of opinion, that in gout, a peculiar saline acrimony exists in the blood, in such proportion, as to irritate and excite to morbid action, the minute termination of arteries in certain parts of the body.

Dr. Wollaston, in a paper read before the Royal Society in 1797, demonstrated, that the concretions formed in the joints of gouty persons are composed of an animal acid (termed uric or lithic acid), and soda. Mr. Fourcroy and Dr. G. Pearson also mention the existence of this acid in gouty concretions.

When we view, says Mr. Parkinson, in a person who has been long subject to the gout, the prodigious quantity of this matter which has been separated from the system, forming almost all the smaller joints of the hand into white and apparently cretaceous nodules (vulgarly called chalk stones), we are naturally led to the opinion, that the blood must have been preternaturally charged with

and active mode of life. These are the best securities for a sound constitution, which alone can ensure a *happy* and *healthy* old age. Trotter on Drunkenness, fol. 113.

this matter, or with the principles of which it is formed." The obvious source of this alleged acrimony of the fluids (of which the uric acid is formed) the author asserts to be impaired digestion, and the introduction of acescent matter into the stomach, circumstances evidently connected with the gouty diathesis.

Of the Treatment of Regular Gout.

The treatment of the gouty paroxysm must vary according to the age of the patient, the natural strength of his constitution, and more particularly according to his previous habits of living. Indeed, so various are the constitutions of gouty people, that it is impossible to lay down a general or invariable plan, either for the cure of the paroxysm, or the prevention of its recurrence, which are the two indications to be attended to in its treatment. On the approach of the fit, it will, in all cases, be proper to clear the stomach and bowels by a brisk aperient medicine, as the carthatic pills, No. 80.

After their due operation, the following mixture may be taken with considerable advantage:

Take of camphorated julep, twelve ounces;
Volatile salt of hartshorn, two scruples;
Sweet spirit of nitre,* two drachms. Mix.

Three table spoonfuls to be taken three, four, or five times a day.

If the stomach be much affected, or the constitution impaired by repeated attacks, or irregular or free living,

* The sweet spirit of nitre should be fresh and well prepared, otherwise by neutralizing the salt of hartshorn, it will destroy the property on which its efficacy depends.

half an ounce of the volatile tincture of guaiacum may be added to the above mixture, and in case of much acidity, two drachms of prepared natron. If the patient be advanced in years, or in a very debilitated state, the gout mixture, No. 69, may be substituted.

The liquid laudanum may be given at bed time, to abate the violence of the pain. It, however, by weakening the powers of the stomach, often prolongs the fits, and it is not an uncommon occurrence, after a full dose of laudanum, for the gout to attack the stomach, and even the brain, with such violence as to threaten the life of the patient. It should not, therefore, be employed, unless advised by a regular practitioner, particularly when attended with general debility of the system. The acetic laudanum is much safer, and certainly more efficacious in procuring ease, in cases of gout, than the common laudanum.

When the gout attacks the stomach, warm cordials are necessary, as the cardamom seed, peppermint or anniseed cordials, ether, or tincture of ginger and camomile. The feet should likewise be immersed in warm water, or well rubbed with flannel.

With respect to applications to the affected part, a variety of opinions has been maintained by physicians, both ancient and modern. If the patient be plethoric, or his constitution but little impaired, the extraction of blood from the part by leeches, generally abates the pain, and shortens the paroxysm, but in people far advanced in years, or of weakly constitution, it is sometimes productive of very opposite effects. Blisters near the part have been much recommended by Dr. Rush, and are much safer and perhaps not less efficacious than topical bleeding.

As spontaneous perspiration of the limb is always attended with very salutary effects, and as we generally find the fit thus to terminate, so I think the vapour-bath lately recommended by Dr. Blegborough, very likely to prove beneficial, by exciting perspiration; and I understand in many instances has been employed with considerable advantage, in assuaging the pain and shortening the paroxysm. The immersion of the limb in cold water, as recommended by Dr. Kinglake, affords more speedy relief than any other application, and I have known many instances in which it has proved highly beneficial; but the cases were in a great measure local, being attended with no affection of the stomach or an impaired constitution, and complicated with rheumatism. It is in those anomalous cases, I believe, that it has proved of such immediate and essential benefit in the practice of others; but in the paroxysm of regular gout, where the constitution is affected, it may be considered an Herculean remedy, and if it do not cure the patient, it will probably kill him by repelling it to the stomach or brain, instances of which are not wanting.

A gentleman, who has suffered very considerably from frequent attacks of gout, has, within these few years, on any symptom of an approaching fit, had immediately recourse to a liniment composed of olive oil and vitriolic acid, recommended to him by a mechanic (who it seems has acquired much celebrity for speedily curing the gout); by which he has entirely kept off the fit, and in the first instance cured himself of a very violent attack, by rubbing it well over the part. In a few hours after using it, although at the time confined to his bed, he has been able to walk with ease. It appears to me that this liniment may, from its chemical action on the gouty matter deposited in the part, have a very salutary effect. The

soda, by uniting with the sulphuric acid, for which it has a greater attraction than the uric acid, would form a salt more soluble, and therefore more easily removed by the absorbent vessels. Certain, however, it is, that many people who have been conveyed to this man in a sedan, have, after the parts had been well rubbed with this liniment, been able to walk home with ease; it therefore merits a trial, particularly as it is not of a repellant nature. The muriatic acid bath has been found to afford relief, probably on the same principle. The safest method of applying this acid, is in the state of vapour, which may be done by means of Dr. Blegborough's vapour-bath, by mixing it with the vapours of warm water. Flannel and patience are generally recommended, and in domestic medicine should certainly be perferred, being free from danger: the effects of the former probably depends on it increasing perspiration. During the use of topical applications, the internal remedies recommended above will also be necessary.

A variety of nostrums has been offered to the public as specifics for this disease, but they have all failed even to palliate the symptoms. A remedy, principally composed of bitters, under the name of the Portland Powder, was at one time held in high estimation as a specific, but further experience proved fatal to its reputation. It is a prevailing opinion, that the gout is not to be cured by *medicine*, but may be effectually prevented by *regimen;* and it is a fact noticed so far back as the time of Galen, that when a fit of the gout has been kept off for three or four years by the use of tonic medicines, particularly bitters, the patient has always died suddenly, and apparently for the want of a regular fit of the gout.

The prepared natron is much recommeded by Mr. James Parkinson, with a view of destroying acidity in

the stomach, which he considers the principal cause of gout. Alkaline medicines have long been employed for that purpose, and by some highly extolled. By the medicines recommended above, acidity will not only be corrected, but its formation prevented.

Gouty subjects are likewise much affected with inflammable gas in the intestines, the expulsion of which affords relief; and it is not unworthy of notice, that this air is discharged from the system in greater quantity as the fit approaches to its termination; its free expulsion I have, therefore, always considered a favourable import. Its prevention and evacuation are certainly of some importance in the treatment of gout. The Jamaica ginger powder, for these purposes, has answered much better than any other aromatic, as it seems to warm and invigorate the stomach and bowels without increasing the feverish state of the constitution, which spirituous liquors and the spices abounding with an essential oil, are very liable to do. The Jamaica ginger has been much esteemed as a remedy for gout by a few eminent practitioners, and instances have been adduced, in which it proved highly beneficial, particularly that of Sir Joseph Banks, by Mr. Stenhouse, through which it became a very popular remedy. In the prevention of gout it is a very valuable medicine; but in the cure of the paroxysm, attended with considerable fever and plethoric state of the system, the propriety of exhibiting in the dose recommended by Mr. Stenhouse, is much to be questioned.

Of Regimen.

The diet, during a paroxysm of gout, must also be regulated according to the accustomed mode of living, the state of the constitution, and the violence of the symptoms. If the patient has been in the habit of indulging

his appetite with high seasoned dishes and the free use of spirituous and vinous liquors, now is not the time to abandon them entirely, particularly if the stomach be affected, or the powers of the system reduced by repeated attacks or age: they, however, should be allowed in moderation. In other cases a low regimen should be strictly adhered to, and an abstinence from spirits and wine; fermented liquors should also be enjoined.

The soda water affords a very excellent beverage, as it abates fever, promotes digestion, and in many respects will prove very beneficial. If it should be too cold for the stomach, a little fine ginger powder may be taken with it. Water purified by distillation, is recommended by Dr. Lambe as a common beverage for gouty patients, in a very ingenious work on constitutional diseases, who has lately published many instances in which its adoption was attended with the most decided and permanent advantages.

The most absurd and ridiculous doctrines relative to the cause of gout are broached in the works of empirics, to which are attached the names of individuals, who from their elevated situations in life, one would have supposed must have known better, common sense alone being necessary to detect their fallacy and the views of the authors. There is not another nation in the known world who suffer themselves to be so miserably duped by ignorance and fraud as the English. Those members of the *British Legislature*, who have suffered their names to be posted up in the public streets in the support of this practice, I am persuaded, are not aware of the infinite mischief such sanction produces; nor did they mean to patronise the trade to that extent which those advertisers wish the public to believe. The testimonies and opinions of men ignorant of medicine can,

however, have little or no influence on the thinking part of the community. It would redound much to the honour of those characters, if instead of publicly encouraging such practices, they would caution those who are not competent to judge for themselves against the indiscriminate use of advertised remedies, and expose the impostors* to the public view in their natural deformity, which I think cannot be more effectually done than by recommending, for their perusal, a pamphlet on empirical practices, entitled the "Medical Observer."

A fit of the gout in constitutions prediposed to the disease, is often excited by passions of the mind, and in many instances has been suddenly terminated by the same means. Van Swieten relates, from Hildanus, that a man, disguised to represent a ghost or spectre, took another labouring under a gouty paroxysm out of his bed, and carried him upon his back down the stairs, dragging his

* Of all the impositions practised in an enlightened country, that of the metallic tractorism, as it is termed, appears to be the most impudent. The strange infatuation of the wealthy to pay five guineas for two small pieces of compound metals, perhaps not intrinsically worth six-pence, to *charm away disease* will no doubt be noticed by posterity as a proof of the ignorance and credulity of the age; and it is to be hoped the names of the President and Vice-presidents of the Perkinean society, and those who sanctioned the practice, will not be omitted in the records. A gentleman in the neighbourhood of Covent Garden, in a violent fit of the gout, was induced to give tractorism a trial. A tractor was accordingly applied to the inflamed foot; but instead of drawing out the disease, as he expected, the cold metal repelled it to the knee and stomach, and had it not been for the timely assistance of medicine, the experiment would certainly have cost him his life!

feet and legs, which were the seat of his pains, down the steps, and placed him at last on the ground. The man thus treated, immediately recovered the use of his limbs, and ran up stairs again with great swiftness, and under the strongest impression of terror. After this incident he lived many years free from any symptoms of the gout. This celebrated author also relates a case of a man being cured by a very opposite passion: a person, says he, who had for forty years being afflicted with the gout, was condemned to capital punishment, and in consequence thereof led to execution. Just when he expected death, he received an unhoped-for pardon, which affected his limbs in such a manner, as to restore to them activity and strength, whereas before that event their use was nearly lost; this person, as well as the other, lived many years totally free from the gout; and that celebrated physiologist, Haller, quotes a case still more extraordinary, of the cure of the gout by a violent fit of anger.

With respect to the management of the mind during a paroxysm of gout, Dr. Falconer judiciously observes, "our practice must be directed not to excite, but to moderate such passions as are symptoms of the disorder itself, and to endeavour to restore, by any safe* means, that calmness and tranquillity of mind which those who are subject to the gout find on the going off of the fit."

Of the Prevention of the Gouty Paroxysm.

The prevention of a recurrence of a fit of the gout, I have already observed, should be attempted only by

* Charms were as much in use for the gout among the physicians of antiquity, as for any other disease; and perhaps when we consider the periodicial nature of the complaint, we may not entirely discredit their efficacy.

regimen, and not by the constant use of tonic medicines. Temperance and exercise proportioned to the strength of the patient, will conjointly prove the best preventive; accustomed habits of high-seasoned dishes, and spirituous and vinous liquors, should be gradually abandoned, particularly if the patient be advanced in life, or his constitution much debilitated. As the quantity of cordials and rich dishes are diminished, so should the degree of exercise be increased. It is by total change in the manners of life that such rooted constitutional diseases are to be conquered. If a gouty patient have resolution to avoid the temptations of the table, and reduce by degrees his quantity of wine to two glasses a day, he may still have little cause to regret his former indulgences. Particular attention should be paid to the state of the digestive organs, and especially to the prevention of acidity in the stomach; on any symptom of indigestion it would be advisable to take a dose of the cathartic pills, No. 80, and the compound tincture of ginger and camomile, No. 7, occasionally, or a small teaspoonful of ginger powder two or three times a day. It would also be proper to avoid all kind of fermented liquors, and to take for the common beverage distilled water. The instructions given for the treatment of indigestion, equally apply to the prevention of gout.

When any swelling or stiffness of a joint remains after the fit has ceased, it may be removed by the diligent use of the flesh brush, gentle exercise of the parts, and in case it proves obstinate, the following liniment may be well rubbed over the part for half an hour, and afterward washed off with warm water, and the part wiped dry:

Take of olive oil, an ounce and a half,
Vitriolic acid, two drachms,
Spirit of turpentine, do.

Drop the vitriolic acid into the oil by degrees, and after they are well mixed, add the spirit of turpentine.

As there is a disposition in gout to return in spring and autumn, greater attention at those periods will be necessary to an abstemious diet. The pills recommended, No. 80, and the solution of prepared natron, No. 60, with the use of ginger powder, No. 49, should also be resorted to on any symptoms denoting the approach of a paroxysm, by which means the disease may be generally prevented from occurring. The feet should always be kept dry and warm by means of flannel socks and corked-soled shoes; flannel next the skin will likewise be proper.

OF ATONIC GOUT.

The cure of this species of gout consists in strengthening the system; for this purpose the stomachic mixture, No. 61, or two tea spoonfuls of the volatile mixture of cascarilla should be taken, with an infusion of Jamaica ginger, or the compound tincture of Jamaica ginger and chamomile, No. 7. In case of nausea at the stomach, an emetic of ipecacuan powder, No. 23, and a dose of equal parts of tincture of senna, No. 8, and tincture of rhubarb, No. 4, should precede the use of these medicines. A generous diet and moderate exercise are indispensably requisite. The feet should be kept warm by the use of flannel socks and corked-soled shoes.

OF RETROCEDENT GOUT.

When gout affects the stomach and intestines, relief is to be attempted without delay, by the free exhibiton of warm brandy and water, with a little ginger powder, and

if they do not prove sufficiently potent, ardent spirit must be employed. A dessert spoonful of ether, No. 14, has, in this case, answered very well, to which half an ounce of paregoric elixir, No. 11, will prove an useful addition. The bowels should be fomented, and the feet put in warm water, and afterwards rubbed with flower of mustard. When the gout flies to the head, the same means are to be pursued, with the addition of a large blister to the scalp. A strong mustard poultice to the feet may likewise, in this case, be substituted for the warm water. When it affects the lungs, half an ounce of paregoric elixir, with a tea spoonful of ether and sal volatile, should be given occasionally, a blister applied over the breast-bone, and a mustard poultice to the feet.

OF MISPLACED GOUT.

When, instead of the usual determination to the joints, the inflammation falls on the lungs, or any internal part, it often requires to be treated as a primary inflammatory affection, by blood-letting, application of blisters over the part and to the extremities, and aperient and sudorific medicines. But these cases are generally involved in too much ambiguity for domestic medicine; they often perplex even practitioners of experience, and there is no doubt but by the injudicious exhibition of cordials in one case and bleeding in others, many lives have been destroyed. Nothing, therefore, should be done (unless in cases of great emergency) without the sanction of medical men of experience and judgment.

OF THE GRAVEL AND STONE.

The gravel consists in the evacuation of small sand-like concretions, which are formed in the kidneys, and

in their passage through the tubes (termed ureters) to the bladder, often occasion a severe degree of pain, according to the size and form of the concretion. When a piece happens to be too large to pass off with the urine from the bladder, it gradually enlarges, and forms the disease called *Stone*, which, when smooth and round, is scarcely perceived by the patient, till from its weight and magnitude, it becomes troublesome, producing, independent of local mischief, numbness in the thighs, and spasms in the calves of the legs, probably from its pressure on the nerves leading to those parts. When the surface of the stone is hagged and of an angular form, the sufferings of the patient are often very severe, attended with a slimy discharge in the urine, and not uncommonly a quantity of blood, and from corision of the inner coat of the bladder, a frequent inclination to make water and go to stool. A calculous concretion is sometimes found in the bladders of very young children; they are also formed in persons of middle and advanced age. Men are more subject to stone than women, probably because a small stone or gravel will escape through the urethra of women, which would be detained in the bladder of a man.

Of the Causes of Gravel.

Hippocrates was the first who observed that these concretions were the consequence of hard water; and this opinion has been very generally adopted. Dr. Lister has recently confirmed it by an observation, that the inhabitants of Paris, who use much hard water in their aliment and beverage, are peculiarly subject to this disease; and Dr. Percival informs us, that a gentleman and lady in Manchester, who had suffered much from gravel, were great-

ly benefited by discontinuing the use of their pump-water, which was unusually hard, and drinking in its stead the soft water of a neighbouring spring. So beneficial was this change to the lady, that she did not experience the least symptom of the disorder for two years afterwards.

Many practitioners, from an analysis of the stone, have attributed their formation to the use of acids: was this, however, really the case, we should expect to find the disease most prevalent in those counties where an acid beverage is principally employed. The cyder in Herefordshire* is generally drank in a state of acetous fermentation, and I believe no county in England is more exempt from calculous complaints. Some have attributed it to impaired digestion, to which may be added a deranged action of the secretory structure of the kidneys, by which the blood is there disposed to new combinations, the effect of which is the production of calculous matter.

Of the Treatment of a Fit of the Gravel.

When the gravel or a small stone is passing from the kidneys to the bladder, it produces considerable pain, nausea, vomiting, &c. which constitute what is termed a fit of the gravel. During this period the principal object of practice should be to relax the part, and thus obviate inflammation, by the loss of blood from the arm, particularly if the patient be of a plethoric habit; the bowels should be rendered soluble by doses of castor oil, No. 3, and lavemens of gruel, the latter of which will not

* It is worthy of remark, that a case of stone has not occurred at the General Hospital of this county since its establishment, being a period of thirty years.

only assist the operation of the castor oil, but act as a fomentation to the parts affected; for this purpose, the liquid should be injected by means of a large syringe, that it may be thrown higher up into the bowels than by the bladder and pipe usually employed. The warm bath, by relaxing the system, will prove a great auxiliary to these means. After the operation of the castor oil, ten or twenty drops of laudanum may be given, according to the severity of the pain.

The diet during the fit should be low, and the beverage barley water, marsh mallow root, or linseed tea.

When the calculus has passed into the bladder, which is known by the termination of the pain, the patient should take the pills, No. 81, with the aerated soda water, as recommended under the head of Prepared Natron, No. 60. Dr. Falkner, of Bath, has published several cases, in which this water proved very beneficial; and in the practice of Dr. Blount, an ingenious and able physician in Hereford, it has been attended with similar success. The super-carbonated natron is also a very excellent remedy, and probably more powerful than the aerated soda water (see Prepared Natron, No. 60). An infusion of the wild carrot seed has been found to afford great relief in gravel, and the leaves of bear's whortleberry have certainly proved useful in many instances of stone and gravel, particularly when attended with great pain, and coffee-coloured or bloody urine. Dr. Saunders directs two or three ounces of an infusion of these leaves to be taken two or three times a day, made in the following manner:

Take of the leaves of the bear's whortleberry, three drachms,

Infuse a point of boiling water till cold, then strain for use.

Spirit of turpentine, balsam of copaiva, sweet spirit of nitre, and soap lees, have occasionally proved beneficial, and, after the failure of the preparations of natron, are well worth a trial.

Distilled water* has also proved in many instances very serviceable in gravelly complaints; and I am inclined to believe if a person were to confine himself to its use as the general beverage, in lieu of common water in every article of diet, he would experience no return of the complaint provided the kidneys be not diseased.

OF GUTTA SERENA.

Gutta serena is a species of blindness, without any apparent disease or fault in the eye, except a dilation of the pupil. When there is a total loss of vision, the disease is said to be perfect, and imperfect when there is a power of distinguishing light from darkness.

* In order to ascertain how far it was possible to dissolve a stone in the bladder, by means of distilled water and natron, I made the following experiment. After curing a person of the gravel by distilled water and the aerated soda water made with it, with the pills of carbonate of soda, No. 81, I desired him to evacuate his urine every night and morning in a pot that contained a stone extracted from a human bladder. The urine was poured off every day; on weighing the stone in a fortnight, I found it diminished upwards of two drachms, and the surface much altered; and in the course of six weeks after, it was entirely dissolved, although of as hard a texture as any marble I ever saw. If the urine be rendered thus capable of decomposing a stone out of the body, it certainly must be more so in the body, whose natural heat must assist the chemical action of the medicated urine on the stone.

Of the Causes of Gutta Serena.

This disease consists in a paralytic affection of the optic nerve, in consequence of compression, debility, or poisons.

Of the Treatment of Gutta Serena.

Although three causes are enumerated as producing this disease, the mode of treatment to be pursued for the recovery of the optic nerve is the same, except blood-letting, which is only advisable in plethoric habits, or when the disease is attended with a suppression of usual evacuations. A seton, or a perpetual blister to the nape of the neck, should in all cases be employed, and the discharge kept up for at least two or three months, unless contra-indicated by increasing debility of the system. As an internal remedy, mercury, in alterative doses, is the most efficacious; and as its good effects depend on its deobstruent, more perhaps than its stimulating effects, its use should be persevered in till the constitution is sufficiently under its influence, which is known by a slight swelling of the gums and an increased secretion of saliva, as there are many instances on record that have been cured by salivation, after other medicines and even small doses of mercury had failed. The muriate of mercury is generally recommended; but as calomel will certainly have as good an effect, and, on account of being much milder, is, in domestic practice, entitled to the preference, it may be given by making half a drachm into twenty pills, one of which should be taken every forenoon and at bed-time, till the gums become swelled and tender, when they should be discontinued. It will likewise be proper to stimulate the nostrils, and promote their secretion; the compound asarabacca powder, snuffed up the nostrils every night, has been generally employed;

but Mr. Ware recommends the following powder in preference:

Take of turbith mineral, one grain,
Liquorice powder, eight grains.

Of which this celebrated oculist advises one fourth to be snuffed up by the nostrils once or twice a day.

As a local stimulant, (to the balls of the eyes) an infusion of Cayenne pepper, made by steeping eight grains of the pepper pods, bruised, in half a pint of cold distilled water in a close vessel for three hours, when it should be filtered through paper for use. Two or three drops are to be conveyed between the eye-lids twice a day, and persisted in for a considerable time. It appears this application has been used with success at the Liverpool infirmary; the pain it excites is often so acute as to require great fortitude to bear it for a sufficient length of time; when the patient will not submit to it, the electric sparks applied to the eyes twice a day, for six or eight minutes, will often answer as well, and perhaps in some instances better.

If these means should not succeed in restoring vision, the case may be considered of a very obstinate nature, and should be referred to an experienced oculist, as Mr. Ware, of Bridge-street, or Mr. Charles Platt, of Great Surry-street, Blackfriars, whose characters as such have been long and deservedly established.

HÆMOPTOE. See Spitting of Blood.

OF HEAD-ACH.

No complaint perhaps is more prevalent in this country than head-ach. It is very seldom a primary affection, but arises from a variety of causes, being often

a symptom of a plethoric state of the system, but more frequently of local congestion, in consequence of an increased determination of blood to the head, from the suppression of customary evacuations and obstructed perspiration. When such head-ach occurs in a person disposed to apoplexy, and attended with giddiness, pulsating sensation in the head, noise in the ears, it should be considered a premonitory symptom of an apoplectic fit, and the preventive means recommended for that disease, page 164, should be employed without loss of time.

Head-ach is frequently of a rheumatic nature, when the skull-bones are principally affected, and the scalp on pressure appears to be tender; such head-ach is often alternate with pain in the shoulder, or some other parts of the body.

Head-ach is very often the consequence both of an increased and diminished excitement of the brain, when it is termed *Nervous Head-ach.* This species is generally produced by close application of the mind, particularly on abstruse subjects. Females are very subject to this complaint from constitutional causes. It is often periodical, and sometimes very regular in its diurnal attacks. This species is often attendant on debility of the system, and produced by great evacuations, as loss of blood, frequent suckling of children, &c. Head-ach is likewise very often symptomatic of indigestion; and so great is the sympathy between the brain and stomach, that it is often difficult to determine which is really in fault. When it arises from a foul state of the stomach, it is generally termed sick head-ach, and is speedily relieved by vomiting. A kind of nervous head-ach is, I am persuaded, not unfrequently occasioned by inflammable gas; how this air should produce head-ach is difficult

to say; but certain it is, that the most obstinate head-achs are often relieved by the expulsion of this air from the intestines. Dr. Baillie states that it is not unusual to find air extricated in the vessels of the membranes of the brain, he thinks, by some new arrangement of the particles of the blood. Those who have had an opportunity of observing the morbid appearances of the brain, so frequently exhibited on dissection, will neither be surprised at the frequency or the obstinacy of complaints of the head, but on the contrary, surprised, from the disease that is so often found in the membranes and the tumors in the substance of the brain, that the sufferings of the patients were not much greater. A deposition of earthy matter in the coats of arteries is often the cause of head-ach; and I believe the blood-vessels are more often the seat of the disease than the brain itself. They are not only subject to a chronic inflammation, of which the deposition of earthy matter is the effect, but also to ulceration, which by destroying the coats of the vessel, blood is effused within the head, and fatal apoplexy produced; hence apoplexy is not always the consequence of plethora or fulness of the vessels, as is generally imagined.

Of the Treatment of Head-ach.

When it arises from distention of the vessels of the brain, the loss of blood will be proper, either by leeches or cupping; or if the patient be of a plethoric habit of body, ten or twelve ounces of blood taken from the arm will prove more beneficial, which with the use of the cathartic pills, No. 80, and a spare diet, will generally cure it. Should it resist those remedies, a blister should be applied to the nape of the neck, and the feet immersed for five or ten minutes in warm water, and kept warm by flannel socks; ether may likewise be applied to

the temples and forehead, and cold water to the head. People subject to this species of head-ach will receive great benefit from having their head shaved, and washing it every morning with cold water, and by keeping the feet warm with flannel socks. The means recommended for the prevention of apoplexy, page 164, are applicable to this species of head-ach. For the rheumatic head-ach the tincture of guaiacum, as directed No. 20, warm fomentations, the cathartic pill, No. 80, small doses of the antimonial powder, No. 37, and the warm bath, are the most powerful remedies. If it be attended with plenitude of the system, the loss of blood by leeches or cupping, and a blister to the nape of the neck, may be necessary. The aperient sulphurous water, taken as directed page 8, has in many instances entirely cured the patient, after other apparently more active medicines had failed. See Rheumatism.

For the cure of nervous head-ach the exciting cause should be avoided, and whatever is likely to irritate the mind. If the digestive organs be affected, an emetic should precede the exhibition of other medicines, after the due operation of which the following mixture will prove highly beneficial:

Take of camphorated julap, three ounces,
Peruvian bark powder, two drachms,
Valerian powder, three drachms,
Volatile salt of hartshorn, one drachm,
Peppermint water, three drachms. Mix.

Three table spoonfuls to be taken two or three times a day.

Ether may likewise be applied over the part of the head most affected, as directed page 17, and a little of the following powder snuffed up the nostrils, once in about twenty-four or forty-eight hours, which, by exciting

sneezing and producing a discharge from the inner membrane of the nostrils, often affords instantaneous relief.

Take of the leaves of tobacco, one ounce,
Do. of rosemary, six drachms,
Do. asarabacca, two drachms,
White hellebore root, two drachms.

Let them be well dried and reduced to a fine powder. This powder has been sold under the name of cephalic snuff; what is, however, generally sold for it, is the common snuff perfumed, which has little or no effect. If the patient be troubled with flatulency, a little ginger powder may be taken in the common beverage.

When head-ach arises from bad digestion, which is a very common source of complaints of the head, the directions for the treatment of indigestion will succeed in curing it. (See Indigestion.) Electricity has been much recommended as a remedy for head-ach, and the application of the electric aura to the head has often given relief. It, however, frequently recurs with increased violence; and when it has been the consequence of fulness of the blood-vessels of the brain, it has so increased the determination of blood to the head as to produce apoplexy.

The application of ether to the temples, washing the head with cold water, the cephalic snuff noticed above, a blister to the nape of the neck, keeping the feet warm by wearing flannel socks, attention to the state of the digestive organs (See Indigestion), and avoiding full meals and spirituous or vinous liquors, with moderate exercise, will, generally speaking, prove of great utility in mitigating, if not effectually curing habitual or chronic head-achs from what ever cause they may arise; but in acute head-achs from obstructed perspiration, or attendant on fevers, those remedies may not be proper, particularly the application

of cold water, ether, or the sneezing powder. The cure of such head-ach must depend on the nature of the complaint of which it is a symptom. In chronic or periodical head-ach, it is likewise of consequence to attend to the secretions of the head, particularly of the ears and nostrils; by increasing the secretions of the former by introducing a little lamb wool moistened with camphorated oil, and the latter by the cephalic powder above noticed, the most obstinate head-achs have been effectually cured: and I have known many instances of the most violent head-achs to terminate in sudden secretion of a quantity of wax in the ears. These directions may appear trifling, but in the cure of head-achs they are often of greater efficacy than the most potent medicine.

OF HEARTBURN.

Description, &c.

Heartburn consists in an acute burning sensation about the pit of the stomach, sometimes attended with great anxiety, difficulty of breathing, acid eructations, flatulency, inquietude, and retching to vomit. It is generally symptomatic of bad digestion, and a frequent attendant on pregnancy.

Of the Causes of Heartburn.

The acidity producing the pain in the stomach, commonly, but improperly, termed Heartburn, has been supposed to be the effect of fermentation of the vegetable part of the aliment, in consequence of weakness of the digestive organs; but it is very doubtful whether fermentation takes place in the stomach, or if it really do, whether it be of the acetous kind, as generally imagined.

Mr. Parkinson thinks it very improbable from the animal matter present, and by the difference of time requisite to effect the changes of the two fermentations (the vinous and acetous). In the gastric fermentation, this intelligent author observes, "the changes are effected with much greater rapidity than in the acetous. Some days are necessary for the duration of the acetous fermentation before the acetous acid (vinegar) is produced; but very frequently within a few minutes after taking a glassful of weak wine, sour belching will denote the formation of the morbid acid. The difference of the acids proceeding from the two fermentations, affords another objection. The acid produced by fermentation in the stomach yields a taste very different to that of vinegar: those who are subject to the unpleasant occurrence of acid eructations, often say that its taste is very different from that of vinegar, and that it also affects the organs of taste in other respects in a peculiar manner." Mr. Parkinson concludes, that "the acid thus formed, is rather of an animal than vegetable nature. A deficiency of the mucus, which defends the coats of the stomach, the irritation of pungent or spicy aliments, and ulceration or organic diseases of the stomach, are causes of heartburn."

Of the Cure of Heartburn.

The treatment of heartburn must depend on its exciting cause. When it is produced by acidity in the stomach, magnesia, No. 1, or prepared natron, No. 60, the cretaceous powder, No. 29, or salt of wormwood, No. 21, taken as directed under their respective heads, will, by neutralizing the acid, speedily relieve the pain, and as it is the effect of indigestion, stomachic bitter should accompany the use of such medicines, in order to prevent its recurrence; for this purpose the following

mixture will prove very beneficial, after the stomach has been cleared by an emetic:

Take of prepared natron, No. 60, a drachm and half,
Sp. sal. volatile, one drachm,
Tincture of ginger and camomile, No. 7, three drachms,
Pure water, seven ounces. Mix.

Two table spoonfuls to be taken three times a day. If the patient have an aversion to medicine in a liquid form, the following pills will prove equally efficacious:

Take of extract of camomile flowers, one drachm,
Dried natron, half a drachm,
Powdered rhubarb, one scruple,
Oil of carraway seeds, eight drops.

Mix well together and divide into twenty-four pills, two or three of which are to be taken twice a day.

A wine-glass of lime water, or a draught of spring water, will generally afford instantaneous relief, the former by destroying the acidity, and the latter by diluting it. The diluted vitriolic acid, taken as directed No. 18, will often succeed in curing heartburn after the absorbent and alkaline remedies above have failed to remove it entirely, by preventing the formation of acidity. The same rules as to diet and exercise should be observed, as recommended in cases of indigestion.

If the pain should recur, notwithstanding the use of these remedies and proper attention to diet, a diseased state of the stomach may be suspected, when the use of alterative medicines may also be necessary, in which case the advice of an experienced practitioner should be taken.

When a deficiency of mucus is the cause, animal jelly will be proper; and, when it occurs in a gouty habit, two tea spoonfuls of the volatile tincture of cascarilla, in a

wine glassful of lime water, every three or four hours, will generally afford relief. (See Prevention of Gout.)

When it accompanies pregnancy, the solution of Epsom salt, as directed page 7, with the use of the diluted vitriolic acid, No. 18, has in my practice uniformly succeeded; but such cases often require a variety of treatment according as it is attended with a relaxed or costive state of the bowels.

OF HICCUP, or HICCOUGH.

Definition and Causes of Hiccup.

Hiccup is a spasmodic affection of the diaphragm, commonly called the midriff, and generally arises from the irritation of acidity in the stomach, error of diet, poison, &c.

Of the Cure of Hiccup.

When acidity is the cause, twenty drops of spirit sal volatile, No. 13, with a tea spoonful of magnesia, No. 1, in a glass of mint water, will afford relief, and its occurrence may be prevented by the use of the tonic mixture, No. 77. When the consequence of improper food, an emetic will be necessary; and when produced by poison, the treatment recommended for counteracting the effects of poison, page 97.

If the spasms continue violent, a tea spoonful of ether, with eight drops of laudanum, in a glass of cold water, will prove the best remedy. Ether may likewise be applied to the pit of the stomach, and the feet immersed in warm water.

This affection is often cured by whatever suddenly arrests the attention, whether the passion connected therewith be of the stimulating or debilitating kind.

In children hiccup often arises from an acid state of

the contents of the stomach, in consequence of overfeeding; when magnesia and rhubarb, in a little mint-water, will afford the best remedy, but when it occurs in long bowel complaints, the compound cretaceous powder will prove more beneficial. People subject to hiccup should particularly attend to the directions given for the prevention of indigestion.

OF THE HOOPING, or CHIN-COUGH.

This disorder is generally considered to be infectious. It is often epidemic, and occurs but once in a life-time; hence children are generally the subjects of it.

Of the Symptoms of Hooping Cough.

It commences with the symptoms of common catarrh, the cough gradually becoming more violent till it is evidently convulsive, the patient not being able, often for a considerable time, to respire; and at length respiration is affected with a shrill kind of noise, like the crowing of a cock. These fits are attended with so great a determination to the head, that blood is often discharged from the nose or mouth. The eyes appear much swelled, and the fit often terminates in vomiting. It is seldom attended with fever.

Of the causes of Hooping Cough.

It is apparently produced by a peculiar contagion of a specific nature.* With respect to the seat of the disease,

* If this disease be produced by the introduction of a specific contagion into the system, it is a curious and unaccountable circumstance, that its action should be principally confined to the muscles of the midriff.

there are a variety of opinions. Dr. Butter, who has written expressly on the subject, refers it to the intestines; and observes, that neither the stomach nor lungs are concerned in it. Walschmeid says, it proceeds from a disorder of the stomach. Hoffman attributes it to thin and acrid juices in the air vessels of the lungs; and others, with more apparent probability, assert, that it arises from a convulsive action of the midriff. It evidently commences in the lungs, and afterwards extends to the midriff, the violent spasmodic affection of the muscles of which occasions the hooping noise.

Of the Treatment of Hooping Cough.

The cure should be attempted first by an emetic of the tartarised antimony wine, No. 16, and afterwards the mixture,* No. 76. The pectoral plaster, No. 97, should be applied to the pit of the stomach; and if the patient be plethoric, a blister between the shoulders, and loss of a few ounces of blood, should not be omitted.† In the early stage of the complaint, these remedies will generally prove sufficient to effect a cure; but if by neglect the disease be once established, it will often run its course in defiance of the most powerful medicines.

This disorder may be effectually cured by putting the system under the temporary influence of the vegetable

* The efficacy of this medicine principally depends on the assafœtida it contains, which, on account of its nauseousness, is generally rejected by children. In such case it may be given clysterwise, by dissolving ten grains of assafœtida gum in three or four ounces of gruel.

† If the patient be of a scrophulous habit or consumptive make, this advice should not be neglected, unless contra-indicated by general weakness of the system.

poisons; for this purpose the extracts of hemlock, the henbane, and deadly nightshade, have been employed by different practitioners, and each have their advocates. As children are differently affected by these medicices, it is impossible to give a general form for their exhibition; for, unless a certain effect be produced in the system to counteract the action of the contagion, it will prove of no avail. The hemlock is much recommended by Dr. Butter, who relates twenty cases that were cured by it: this author prefers the extract, but the powder of the herb is unquestionably the best preparation, and the only one to be relied on, (for reasons assigned, p. 118). Some physicians prescribe it with other medicines, as syrup of poppies, ipecacuan and oxymel of squills; but as they may interrupt its peculiar operation on the constitution, it should be given only in a very simple vehicle. I have generally employed the following form, and when properly managed so as to affect the system, which is manifested by nausea and giddiness, I have never known it to fail.

Take of powdered hemlock leaves, one scruple,
Mint water, two ounces,
Simple syrup, two drachms. Mix.

A tea spoonful to be given three times a day, to a child of any age, increasing the dose each time about ten drops, till it produces the effects above noticed.

An emetic should always precede the use of this medicine; and if acidity prevail in the stomach, the occasional exhibition of magnesia, as directed No. 2, or prepared natron, No. 60, will also be necessary, to which a little rhubarb powder may be added in case of costiveness. The extract of tobacco, in the dose of one or two grains, dissolved in a little simple water, is a very favourite remedy for hooping cough with the physicians in Ger-

many. It is certainly more safe than hemlock, henbane, or the deadly nightshade, and probably not less, if not more, efficacious. The application of a blister over the breast bone, or between the shoulders, should on no account be neglected, particularly, if the child be born of consumptive or scrophulous parents; it will prevent much mischief, and if it happen to produce strangury, it will, without any auxiliary, cure the disease. The almost immediate cessation of the disorder, in consequence of strangury, has induced many practitioners to give the tincture of cantharides in small doses of ten drops, with a view of exciting that affection; and when it succeeds in this effect, it never fails to cure the disease on the principle of a peculiar counter-irritation.

If the patient be much weakened, the use of wine may be necessary, and the following bark mixture, as recommended by Dr. Temple:—

Take of decoction of bark, three ounces and a half,
Paregoric elixir, half an ounce,
Tincture of cantharides, forty drops.

The dose from one to two table spoonfuls every four hours; it requires, however, much judgment to determine when such medicines are proper; for, although the patient may be much reduced, there may be a preternatural distention of the vessels of the lungs, in which case the Peruvian bark would assuredly prove very injurious.

Dr. Hugh Smith, after observing that emetics, occasionally repeated are of great service, and blisters, when the symptoms are urgent, directs the following:—

Take of musk julap, six ounces,
Paregoric elixir, half an ounce,
Volatile tincture of valerian, one drachm.

Two or three table spoonfuls to be taken every three or four hours.

This disease, as I observed before, if uninterrupted by medicine, will run a certain course; but it frequently happens that, after the usual period, the cough continues from habit, in which case change of air will be of essential service, and generally cure it in a few days. The diet should be adapted to the strength and age of the child. In general, equal parts of barley water and fresh milk will be sufficient both for the common beverage and diet.

When the disease resists the ordinary means above suggested, the basilic powder, as directed, No. 36, will prove very beneficial, especially if the patient be affected with worms.* When the cough is become of a chronic nature, it may often, if not always, be cured by keeping up an healthy digestion, and avoiding those things which are likely to disorder the stomach. See Indigestion.

When this disease proves fatal, it is by producing convulsions, inflammation of the lungs or brain; and in scrophulous habits, consumption of the lungs; the prevention of which should be a principal object of practice. It cannot, therefore, be a proper case for domestic medicine.

OF HYPOCHONDRIASIS; OR, THE HYPOCHONDRIAC AFFECTION.

(Commonly called Vapours, or Low Spirits.)

This disease, says the immortal Cullen, is distinguished by a concurrence of the following circumstances: A langour, listlessness, or want of resolution and activity,

* The existence of worms in the stomach is often a cause of the obstinacy of this disease. I have known several instances of its ceasing soon after an evacuation of worms.

with respect to all undertakings; a disposition to seriousness, sadness, and timidity as to all future events; an apprehension of the worst or most unhappy state of them, and therefore often, on slight grounds, a dread of great evil. Such persons are particularly attentive to the state of their own health, and to the smallest change of feeling in their bodies; from any unusual sensation, perhaps, of the slightest kind, they apprehend great danger, and even death itself; and, in respect to all these feelings and apprehensions, there is, for the most part unfortunately, the most obstinate belief and persuasion. It is generally attended with symptoms of indigestion, but not always; also hysterical affections, and sometimes with melancholy.

This turn of mind seldom appears early in life, and more usually in advanced age; but when it has once taken place, it generally goes on increasing. It is chiefly to be attributed to imbecility of mind, or weakness of imagination, and when far advanced, may be considered little less than a species of insanity, arising from a want of that natural energy of mind, or proper education, which might have induced the person to have engaged in the rational pursuits and pleasures of life.

Of the Treatment of Hypochondriasis.

No disorder admits of greater scope for the management of the passions, perhaps, than hypochondriasis, which manifests itself in its effects on the mind and spirits. Greater delicacy, however, is here requisite than is generally allowed by practitioners. It is the practice of such patients often to change their medical attendants, which is certainly not altogether inconsistent; for if the physician do not admit the *reality* of the disease, it is not to be supposed that he will take much pains in curing

it, or to avert a danger of which he entertains no apprehension. The sufferers are mostly of a gloomy disposition, and subject to great despondency of mind concerning their own situation in point of relief, and want cordials and exhilarating remedies to the mind as well as body. To treat such disorders as merely imaginary, generally irritates choler, and impresses a belief that their friends have but little concern for their safety and welfare; and on the other hand to coincide in opinion concerning the melancholy situation of such persons depresses the spirits, and tends above all things to aggravate the complaint. The most judicious course, says Dr. Falconer, seems to be to endeavour to excite the fortitude of the sufferers, by representing to them that it is unworthy a brave and resolute character to be always complaining of misfortunes which are, in a great measure, the common lot of mankind; that it is more manly to struggle with ill fortune than to sink without resistance beneath its pressure. The learned Sauvage observes, that the attendants on such persons should constantly endeavour to abstract their mind as much as possible from reflecting on their own situation and condition of health.

The firm persuasion that generally prevails in such patients, does not therefore allow their feelings to be treated as imaginary, nor their apprehensions of danger to be considered as groundless, though we may be persuaded it is the case in both respects. Such patients cannot be treated either by raillery or reasoning. Dr. Alexander observes, the best way is to keep the mind closely engaged in some useful or agreeable pursuit; hence we learn the superior advantages of those situations in life which more immediately call for intellectual exertions and bodily exercises. "Industry seldom fails to place us above want, and activity serves us instead of

physic." In fact, none are so wretched as those who have nothing to do: they are useless to others, they are a burden to themselves.* Constantly impressed with the apprehension of some imaginary evil, they either become the victims of despondency, or the dupes of ignorant and unprincipled pretenders to physic, whose sole aim seems to be that of enriching themselves at the expense of the follies or conceits of mankind.†

As it is the nature of man to indulge every present emotion, so the hypochondriac cherishes his fears, and attentive to every feeling, finds, in trifles light as air, a strong confirmation of his apprehensions; his cure, therefore, depends upon the interruption of his attention, or upon its being diverted to other objects than his own

* "Absence of occupation is not rest,
"A mind quite vacant is a mind distrest."

† If, in any case, the pious fraud of what is termed a placebo be allowable, it seems to be in treating hypochondriacs, who, anxious for relief, are fond of medicines, and though often disappointed, will still take every new drug that can be proposed to them. Hence they generally become the dupes of quacks; and it is a well-known fact, that many Jew pedlars, coblers, and carpenters, have amassed considerable wealth, by imposing on them their nervous cordials, &c. and if this practice was confined to such patients, instead of condemning it, I should be disposed to encourage the fraud; for if the imagination be diverted by them, the purchase cannot be considered dear at any rate; and if the medicines did not bear a high price, they would not meet with a proper degree of confidence.

feelings. Whatever aversion to application of any kind may appear, there is certainly nothing more pernicious to them than absolute idleness, or a vacancy from all earnest pursuits. It is owing to wealth, admitting of indolence, and leading to the pursuit of transitory and unsatisfying amusements, or to that of exhausting pleasures only, that the present times exhibit to us so many melancholy instances of this depraved state of imagination. The mind should not only be diverted from this bodily affection, &c. by employments suitable to the circumstances and situation in life, and unattended with much emotion, anxiety, or fatigue; but also by various kinds of sport and hunting, which, when pursued with some ardour and attended with exercise, if not too violent, are amongst the most useful. Within doors, company, which engages attention, willingly yielded to, and is at the same time of a cheerful kind, will be always found of great service. Play, in which some skill is required, and where the stake is not an object of much anxiety, if not too long protracted, may often be admitted. Music, to a nice ear, is a hazardous amusement, as long attention to it is very fatiguing.

When amusements of every kind are rejected, mechanical means of interrupting thought are the remedies to be sought for. Walking is seldom of this kind, though, as gratifying to the restlessness of hypochondriacs, it has sometimes been found useful. The required interruption of thought is best obtained by riding on horse-back, or in driving a carriage of any kind. The exercise of sailing, unless in an open boat, engaging some attention, does very little service. Exercise in an easy carriage, in the direction of which the traveller takes no practice, unless it be on rough roads, or driven pretty quickly,

and of long continuance, is of little advantage. The exercise that will prove most effectual, is that which is employed in the pursuit of a journey; first, because it withdraws a person from many objects of uneasiness and care which might present themselves at home: secondly, as it engages the person in more constant exercise, and in a greater degree than is commonly taken in airing near home: and lastly, as it is constantly presenting new objects which call forth a person's attention. The symptoms of indigestion and hysteric complaints that so frequently attend this state of mind, although the effect rather than the cause, are objects of practice, in as much as they tend to aggravate and realize the false apprehensions of the patient. These secondary affections require the same mode of treatment as recommended for indigestion and the hysteric disease. Warm bathing and the drinking of tea and coffee, which are extremely hurtful to people with bad digestion, generally afford relief to the hypochondriac.

The ancient physicians (upwards of two thousand years ago) were of opinion that the seat of this disease is in those parts of the body that lie under the spurious rib on both sides, termed *hypochondria;* hence it was named by them the hypochondriac disease, and it must be allowed that the unfortunate state of mind constituting hypochondriasis, is often symptomatic of some morbid or indolent state of the viscera that occupy these places of the body, and particularly the liver, which on the dissection of hypochondriac patients, is generally found much diseased, and the spleen preternaturally enlarged. In such cases, which I believe to be the most prevalent, the following medicines will prove very beneficial, by removing visceral obstructions, promoting digestion, and preventing that accumulation of inflammable air in the intestines, with

which all hypochondriacs are more or less affected, and to which alone many attribute their sufferings, and probably is a principal cause of the mental distress and nervous irritability.

Take of Rufus's pill, one drachm,

Prepared calomel, fifteen grains. Mix.

Divide into fifteen pills, three to be taken two or three times a week, and three table spoonfuls of the following mixture, two or three times a day:

Take of prepared natron, two drachms,

Tincture of ginger and camomile, half an ounce,

Compound spirit of lavender, half an ounce,

Pure water, twelve ounces. Mix.

The same rules as are given for the diet of people affected with indigestion, should likewise be observed by hypochondriacs. See Indigestion.

OF THE HYSTERIC PASSION.

This disease consists in too great a mobility and irritability of the nervous system, and is consequently produced by whatever weakens or renders the body irritable; it most commonly appears in females; but sometimes, though rarely, attacks males in a slighter degree.

Of the Symptoms of Hysterics.

Hysteric fits commonly begin with some pain and fulness in the left side of the abdomen; from which a ball* seems to move with a grumbling noise into the other parts of the bowels, and making as it were various convolutions,

* This sensation is usually termed the *Hysteric Ball*, and is probably produced by a spasmodic contraction of the muscles of the gullet.

seems to move into the stomach, and more distinctly still, rises up to the top of the gullet, where it remains for some time, and by its pressure on the windpipe, gives a sense of suffocation. By the time the disease has proceeded thus far, the patient is affected with a stupor and insensibility, while at the same time the body is agitated with various convulsions, the trunk being writhed to and fro, and the limbs variously agitated; commonly the convulsive motion of one arm is that of beating the breast very violently and repeatedly with the closed fist. This state continues for some time, and has during that time some remissions and renewals of the convulsive motions, but they at length cease, leaving the patient in a stupid and seemingly sleeping state. More or less suddenly, frequently with repeated sighing and sobbing, together with a murmuring noise in the bowels, the patient returns to the exercise of sense and motion, and generally without any recollection of the several circumstances that had taken place during the fit.

In females, this disease occurs from the age of puberty to that of thirty-five years, and very rarely appears before the former, or after the latter of these periods, and generally attacks about the time of menstruation: it affects the barren more than the breeding woman, and the sanguine and robust more than the phlegmatic and melancholic.

It sometimes arises in young women from a peculiar turn of mind, when the passions are high, and the imagination heated. *

* Dr. Keighley very justly observes, "that the sentimental novels which fill our circulating libraries, and are read with avidity both by mothers and daughters under the mask of morality,

Of the Treatment of the Hysteric Fit.

The fit may be relieved by the anti-hysteric mixture,* No. 65, to each dose of which, in obstinate cases, a tea spoonful of ether, and ten drops of laudanum, No. 31, may be added. The feet should be immersed in warm water, and spirit of hartshorn, No. 12, or smelling salts, No. 39, applied to the nostrils, and cold water sprinkled over or poured on the face. If the patient be incapable of swallowing, two drachms of the tincture of assafœtida may be administered clysterwise, in half a pint of gruel; and in case the subject be young and plethoric, the loss of six or eight ounces of blood from the arm will be necessary; this remedy, however, should not be had recourse to, without the sanction of a regular practitioner in medicine.

Hysteric fits often arise from a disordered state of the digestive organs, or at any rate the nervous system is rendered irritable by it, and of course favourable to hysteric affections. During the absence of the fit, it will be proper to produce healthy digestion, by strengthening the stomach, and of course the nervous system by the use of the tonic mixture, No. 61, as there direct-

are more injurious to female virtue than the most openly licentious and immodest publications."

* It is rema kable that the most nauseous medicines in the materia medica were recommended by the ancient physicians, and are still employed in the cure of hysterical complaints. As these remedies manifest no anti-hysteric property when administered during the hysteric paroxysm, it is probable that their operation on the body is through the disgust they produce in the mind; and as the ancients paid more attention to the management of the mind during disease than the moderns, it was perhaps with this view that they were first prescribed.

ed, to which a drachm of prepared natron may be added in case of acidity in the stomach. Costiveness should likewise be obviated, by taking every morning a dose of the solution of Epsom salts, as recommended No. 2; cold bathing will also prove very beneficial by quieting the nervous system.

A morbid sensibility appears always to accompany this complaint, which is very liable to be excited by the passions of the mind. The learned Sauvage observes, nothing contributes to aggravate it more than indolence and vacancy of mind. Dr. Falconer, therefore judiciously observes, that some interesting pursuit that will occupy the attention, should by all means be sought and assiduously followed; even fear itself, gradually introduced, and where no imminent danger is apprehended, has been efficacious in preventing this disorder. The displeasure of a parent, supposed likely to be incurred by the return of the hysteric fit, has contributed to prevent it; and it is noticed by this able writer, that during the troubles in Scotland in the years 1745 and 1746, this disease scarcely made its appearance. Hysteric, as well as epileptic fits, are very apt to recur on the sight of people so affected. Dr. Falconer observes, that he once had an opportunity of seeing an instance of this kind at a public watering place: a lady was seized with hysteric convulsions during the time of divine service; in less than a minute six persons were affected in a similar manner, some of whom had never before been subject to such attacks, but were notwithstanding violently agitated and convulsed both in body and mind. But though such instances as these show the propriety of prudent caution, yet too great a solicitude to avoid every thing likely to give uneasiness, especially if such solicitude be very apparent, is likely to do as much mischief as service. Nothing so much enhances the appre-

hension of danger, or so often causes those on whose account the care is taken, to believe the hazard is greater than it really is; and such circumstances frequently recurring, keep them perpetually in a state of painful irritability, which in reality constitutes the disorder. It would be much better to inure such persons gradually to the common occurrences of life, and to the occasional mention of such things, which if not magnified by the relators, or dwelt on as meriting particular attention, will come in time to be disregarded and their effects destroyed. Instead of this, it is too usual with parents to foster the sensibility of their children, especially females, to an unnatural degree, by officious attention to remove every thing that can give the least interruption to pleasure, or even awake the mind to its natural and necessary exertions. Affection contributes its share to enhance these complaints: an unnatural and morbid sensibility is often encouraged under the idea of *delicacy and tender feelings;* and even sickness itself is sometimes feigned, as being imagined, though falsely, a mark of a disposition of this kind. But if we take the trouble of examining human nature more accurately, we shall find, that the liberal and truly *amiable virtues* of *humanity* and *benevolence* are much more frequently found in persons of a steady mind and temper, who have experienced variety of fortune, than in those who have passed their lives in an uniform course of luxurious indulgence, which always generates selfish and mean ideas and sentiments.*

It is remarked by an eminent moralist,† that men who have met with an uniform compliance with their will,

* See Falconer on the Passions, page 134.

† Montesquieu.

are inclined to cruelty and severity. A mixture of adverse with prosperous fortune is, he observes, necessary to inspire humanity and pity.

Of the Distinction of Hysteric.

The hypochondriac affection in women is often mistaken for this disease: it may, however, be distinguished from hypochondriasis, by its occurring at the early period of puberty, while the hypochondriasis does not occur till after the age of thirty-five: hysterics, likewise, attack the sanguine and plethoric; but hypochondriasis the melancholic.

OF INCONTINENCE OF URINE.

Description, &c.

An involuntary evacuation of urine, or an inability to retain it.

Of the Causes of Incontinence of Urine.

It arises from weakness or palsy of the muscle of the bladder, called the Sphincter; sometimes from calculous concretions, irritating the neck of the bladder, or from injury of parts in the operation for extracting the stone; from pressure of the womb in a state of pregnancy, and sometimes in women from a communication between the bladder and vagina.

Of the Treatment of Incontinence of Urine.

When it arises from the want of tone or power in the muscular fibres of the bladder, a blister should be applied, low down on the back-bone, and to the part termed the perinæum. The tonic mixture, No. 66, should be taken,

with ten drops of tincture of cantharides in each dose, with cold-bathing, electricity, and a generous diet. When it is occasioned by stone or gravel, it requires the same treatment as already recommended for the latter disease. When the effect of injury, sustained in the operation for the stone, great relief is afforded by the pressure of the instruments called Jugum and Pessary. When it is produced by an impregnated womb, an horizontal position should be observed as much as possible; and when, from a communication between the bladder and vagina, it will neither admit of cure or relief. This distressing case is generally produced by inflammation, and ulceration succeeding difficult parturition, and is often attributed to palsy or loss of tone in the muscular fibres of the bladder, and as such I have known it treated by the first physicians, to the great injury of the patient; practitioners should therefore satisfy their minds as to the real cause of the disease, before they prescribe active remedies for its cure.

OF INDIGESTION.

Symptoms of Indigestion.

A loss of appetite, transient distentions of the stomach and bowels from flatulency, eructations, heart-burn, generally costiveness, squeamishness, sometimes vomiting; the body at length, for the want of proper nourishment, becomes much emaciated, and affected with symptoms of general debility and a variety of morbid actions in the system.

Of the Causes of Indigestion.

It is generally supposed to arise from a loss of tone in

the muscular fibres of the stomach,* induced by the too free use of spirituous liquors,† by poor diet, the over distention of the stomach, too great a quantity of warm relaxing liquors, as tea and coffee, acid unripe fruit, an indolent and sedentary life, close application or anxiety of the mind, or whatever may tend to weaken the digestive organs. A vitiated or deficient secretion of the gastric juice is likewise often the cause of bad digestion.

The prevalency of indigestion in this country is to be attributed to inactive life, error of diet, and the great use of spirituous and vinous liquors. With respect to our natural food, the formation of the teeth and intestines prove that we are destined to live both on animal and vegetable aliment; and we certainly find the flesh of animals, with a proportionate quantity of vegetables, a diet best adapted to our frame.‡ It is not, however, in

* There are so many organs concerned in the process of digestion, the formation of chyle and blood, that we cannot be surprised (says that excellent writer Dr. Trotter) at the effects of hard drinking in deranging them; want of appetite and bad digestion are therefore common with drunkards: the frequent use of spirits, by injuring the coats of the stomach, procure a vitiated secretion of the gastric juice.

† Weakness or relaxation of the stomach, is not perhaps so frequently the cause of indigestion as a morbid secretion of the gastric juice, or a deficiency of bile, as the symptoms of indigestion frequently occur in the most robust people, in whom weakness of the stomach cannot be suspected.

‡ What is the exact proportion of animal and vegetable nourishment which is most conducive to health, cannot perhaps be fully ascertained; but we may admit it as a general rule, that two-thirds or three-fourths of vegetables to one-third or fourth of animal food, is the most proper.

the quality, but the quantity of food, in which man generally errs. No greater quantity should be taken than is required by nature to supply the waste the body has sustained, which will depend on the degree of exercise it has gone through. The quantity should therefore be proportioned to the degree of exertion the body undergoes, and not to the artificial appetites excited by the use of bitters, or spirituous liquors. Nothing strengthens the digestive organs more than an active life, which is evinced by the great appetite and good digestion of people who are compelled by necessity to earn their bread by their daily exertions;* indolence is therefore one cause of indigestion in this country, particularly among ladies of fashion. The principal cause, perhaps, among gentlemen, is the abuse of spirituous liquors; I mean the practice of drinking a quantity of wine during and after meals. The port and sherry wine consumed in this country are mixed with a quantity of strong brandy or alcohol, which is done (as the dealers in these articles say) to adapt it to the British palate, and render it fit for keeping: so that instead of wine, it is really nothing less than a weak spirit; indeed, such is the quantity of spirit in port wine, that I have obtained nearly six ounces of alcohol from a quart. This spirit is extremely pernicious to animal life, and by repeated use, will certainly prove (although gradual) a certain poison. After the stomach has been accustomed to its stimulus, it requires a repetition to keep up its effects, and as life advances, so an additional quantity becomes necessary; thus the inner coat of the stomach is injured, the pylorus

* Dissection demonstrates, that the coats of the stomach of a labouring man are very considerably thicker and stronger than those of a sedentary person.

often rendered scirrhous, and the gastric juice will, of course, be vitiated,* and the foundation of the most distressing complaint that can possibly assail the human frame laid before the meridian of life. The great numbers that die of scirrhosity† of the pylorus (which ter-

* The effects of a morbid secretion of the gastric juice are generally, if not always, erroneously attributed to a vitiated state of the bile. See Bilious Affections.

† Ardent spirit hardens and contracts the animal fibre, and coagulates the juices; hence the sensibility of different organs is gradually exhausted, and the vessels for conveying fluids are lessened in their diameter and ultimately obstructed. A scirrhus of the pylorus and liver especially, are frequent concomitants of habitual inebriety. But the intestines, the pancreas, spleen, and perhaps the kidneys, are also liable to the same affection; all of which are, after a certain time, incurable, and often speedily fatal. The dram and purl drinkers may sooner experience these evils than other drunkards; but even the guggler of small beer has no security against them: nay, so sure and uniform is this effect of producing diseased bowels by fermented liquors, that in distilleries and breweries, where hogs and poultry are fed on the sediments of barrels, their livers and other viscera are observed to be enlarged and hardened like those of the human body, and were these animals not killed at a certain period, their flesh would be unfit to eat, and their bodies become emaciated. Trotter on Drunkenness, page 114. See also Baillie's Morbid Anatomy, Diseases of the Liver, and Morgagni de Causis et Sedibus ubicunque de Sectionibus Temulentorum disserunt. Several well authenticated cases of spontaneous combustion of the human body, in consequence of the long immoderate use of spirituous liquors, have been published* in England and on the continent, by

* By Pierre Aimie Lair, in the journal de Physique Pluvoise, year 8. Branchini, Mossei, Rolli, Le Cat. Vicq. d'Azyr, and several men distinguished for their learning, have given certain testimony of the fact.

minates in cancer) and apoplexy,* brought on by the abuse of spirits, is a melancholy proof of this assertion. Independent of superabundant alcohol in wine, I have also detected a quantity of lead in solution; indeed, this practice is become so prevalent, on account of the pleasant astringency it imparts to it, that I thought it incumbent to give directions for making a test for its detection (See page 57); and I would advise every person to subject it to the experiment before he purchases a quantity for use.† It is a common custom to attribute the effects of indigestion to the insalubrity of aliment; thus articles are often deemed improper for food, which, in an healthy stomach, would form the most nourishing chyle, and on consulting the numerous treatises on diet and regimen, which have been lately published, we find the public cautioned against the use of one article, on account of its becoming acescent, a second flatulent, a third aperient, &c. effects which can be attributed only to the debilitated state of the digestive organs; as is suffi-

gentlemen of unquestionable veracity. The transactions of the Royal Society of London present a remarkable instance of this species of combustion, attested by a great number of eye-witnesses, in the parish of St. Clement, Ipswich. The extraordinary occurrence became the subject of many learned discussions, the particulars, with several other similar cases, are to be found in Dr. Trotter's late Essay on Drunkenness.

* The use of spirituous liquors, by stimulating the sanguiferous system, and thus producing determination of blood to the brain, is, no doubt, a principal cause of the frequency of apoplexy and sudden deaths in this country.

† Lead, thus swallowed, not only injures the stomach, but produces the most obstinate and dangerous species of cholic, which often terminates in inflammation of the intestines.

ciently proved by the labourer never suffering from indigestion, whatever be the food he takes.

Three kinds of appetites may be observed, viz. the *natural appetite*, which is equally stimulated and satisfied with the most simple dish as with the most palatable; the *artificial appetite*, or that excited by stomachic elixirs, liquors, pickles, digestive salts, &c. and which remains only as long as the operation of these stimulants continue; and the *habitual appetite*, or that by which we accustom ourselves to take meals at certain hours, and frequently without any appetite. The true and healthy appetite alone can ascertain the quantity of aliment proper for the individual. If, in that state, we no longer relish a common dish, it is a certain criterion of its disagreeing with the digestive organs. If, after dinner, we feel ourselves as cheerful as before it, we may be assured we have taken a proper meal; for, if the proper measure be exceeded, torpor and relaxation will be the necessary consequences; the faculty of digestion will be impaired, and a variety of complaints gradually induced.

Of the Treatment of Indigestion.

The cure of indigestion depends on restoring the tone of the stomach, and avoiding the occasional causes. For this purpose it will first be proper to evacuate the stomach, by the emetic powder, No. 88, afterwards the stomachic mixture, No. 61, or the tonic mixture, No. 77, may be taken with advantage. Two drachms of the Epsom salt, No. 2, may likewise be taken every other morning, to increase the peristaltic motion of the intestines, and remove redundant slime. If acidity prevail in the stomach, two drachms of prepared natron, No. 60, may be added to either of the mixtures recommend-

ed above. In debilitated, gouty, or languid constitutions, the volatile tincture of cascarilla, with the powder of the Jamaica ginger, will prove an excellent remedy.

Quassia root has lately been much recommended in cases of indigestion; but, from its poisonous effects on insects and small animals, which it speedily destroys, I cannot consider it a safe remedy.

The extract of camomile* is a favourite stomachic medicine with Dr. Cam, a celebrated physician in Hereford; it may be taken in the following manner:

Take of extract of camomile, one drachm,
Purified natron, one ditto,
Tincture of ginger, two ditto,
Mint water, six ounces. Mix.

Three table spoonfuls to be taken three times a day: if pills be preferred by the patient, it may be taken with equal advantage in the following form:

Take of extract of camomile, one drachm,
Dried natron, half ditto,
Powdered rhubarb, one scruple,

* The long use of bitter and astringent medicines has, however, been found ultimately to impair the digestive organs; and it is a well-established fact, that gouty people, who have been in the habit of taking bitter cordials, generally die suddenly. The quantity of quassia or other injurious bitters employed by brewers in making beer and porter has, no doubt, been a principal cause of the frequency of stomach and bowel complaints in the metropolis. The narcotics that likewise enter the composition of table-beer and porter, as opium, coculus indicus (very favourite ingredients with the public brewers of the present day), must not only do irreparable injury to the stomach and bowels, but from their continued use, prove very hurtful to the constitution.

Oil of caraway seeds, ten drops,
Syrup of ginger, sufficient to form twenty-four pills.

Two to be taken two or three times a day.

The compound tincture of ginger and camomile flowers is also a very excellent remedy for indigestion and its consequences, as recommended No. 7. If there be a deficiency of the biliary secretion, which may be known by the pale or blackish appearance of the fæces, a grain of prepared calomel should be taken every other night, for about ten days or a fortnight, and the stomachic medicine two or three times a day. The decoction of sarsaparilla root is much recommended by Mr. Abernethy to accompany the use of small doses of calomel in such cases, but it is not so efficacious as the stomachic mixture, No. 61.

Till the stomach is restored to a healthy state by these means, such a diet should be adopted as will coincide with the remedies, and not aggravate the symptoms. Vegetable food, and particularly leaven bread, being disposed to fermentation, and thus generate acidity and flatulency, should be avoided in quantity. The diet should consist principally of animal food, which, in weakly stomachs, will digest better than vegetable alone; and even if spirituous liquors were the chief agents in producing the disease, they should not now be abandoned entirely; for as wine and malt liquor will soon turn acid, spirits will prove beneficial by checking fermentation and keeping up the action of the stomach; a little brandy, diluted with water, may therefore be allowed. If the patient be subject to gout, ginger may likewise be taken in the quantity directed for gout. To this treatment, exercise will prove a very powerful auxiliary.

In very obstinate cases of indigestion, attended with

cramp in the stomach, irregularity of the bowels and flatulency, the following mixture will prove an admirable remedy, particularly in elderly people:

Take of true winter's bark, two drachms,
Infuse in eight ounces of boiling water in a close vessel for three hours, then strain and add,
Prepared natron, one drachm,
Tincture of ratania root, one ounce.

Two or three table spoonfuls to be taken two or three times a day. This medicine will not only invigorate the digestive organs, but correct the secretions of the stomach and intestines, and thus promote the health of the body.

Of the Prevention of Indigestion.

It must appear evident from the foregoing observations on the causes of this disease, that the only effectual prevention to its recurrence consists in, 1st, properly exercising the body; 2dly, proportioning the quantity of food to the degree of exercise;* and 3dly, relinquishing the use of spirituous or vinous liquors; but if sufficient bodily exertions cannot be taken, and an artificial appetite must be produced, by stimulating the digestive organs,

* It is not easy to ascertain the exact quantity of food proper for every age, sex, and constitution; the best rule is to avoid extremes. Three meals in a day are as many as nature requires, and certainly as much as the stomach can properly digest; dinner ought to form the chief of these. Hearty suppers, particularly of meat, with which some people indulge themselves previous to their retiring to rest, are highly prejudicial to health; hence the old adage:

"Great suppers a very great evil we call;
"That your sleep may be sound let your supper be small."

such stimulants should be employed as will not injure the the coats of the stomach, or by accelerating the circulation, produce a determination to the brain. Of this class, ginger, Cayenne pepper, and well seasoned pickles are the most innocent and effectual. Of wines, genuine claret is probably the most salutary beverage, in the quantity of a glass or two after meals; but this wine is too often mixed with English brandy, which entirely destroys its salubrious property. The claret wine that comes direct from Bourdeaux, under the name of Bloomfield's Claret, I have found entirely free from any addition or pernicious admixture whatever. The wine that will blaze on being thrown in the fire, may be pronounced unwholesome.

Such as are in the habit of drinking a quantity of spirit, or spirituous wines, will receive great relief by taking distilled water at meals,* instead of wine or malt liquors, which will in a great measure obviate the injurious effects of an over-quantity of spirit or wine. I have known cases of indigestion from the use of spirits, attended with symptoms of a diseased pylorus, that were cured by taking for their common beverage nothing but distilled water, and

* While we are eating, water is certainly the best beverage. The custom of drinking fermented liquors, and particularly wine during dinner, is a very pernicious one. The idea that it assists digestion, is false; for those who are acquainted with chemistry, know that food is hardened and rendered less digestible by these means; and the stimulus which wine gives to the stomach is not necessary, excepting to those who have exhausted the excitability of that organ by the excessive use of strong liquors. If food want diluting, water is the best dilutent, and will prevent the rising, as it is called, of strong food, much better than wine or spirits.

gradually diminishing the quantity of wine, till they have reduced it from eight to only one glass a day.

On the proper digestion of our food and its consequent conversion into healthy chyle, not only depends the health of the body, but frequently the success of the treatment of the various diseases that appear in the human frame, and those of a chronic kind especially. It is to an impaired digestion and the consequent formation of acidity in the stomach, that many obstinate complaints may be traced, as already noticed under the heads of bilious complaints, heart-burn, and flatulency. Indigestion is very frequently an exciting cause of those diseases to which the constitution is pre-disposed, and without which would probably have never been brought into action, such as scrophula, white swelling, cancer, rickets, consumption, hypochondriasis, insanity, calculous complaints, inveterate ulcers, &c. &c. The prevention of indigestion is therefore not only of the utmost importance in preserving the health of the body and fortifying it against the accession of contagious or putrid effluvia, but also in rendering constitutional diseases dormant, and powerfully counteracting local morbid actions: to those preventive means I shall therefore frequently have occasion to refer, and which in domestic medicine should be particularly attended to.

INFLAMMATORY FEVER.

Symptoms.

An increased heat of the body without intermission, attended with a throbbing pungent pain in the head, but sometimes dull and heavy. The face appearing red and bloated, the pulse strong, full, and frequent, great thirst, sense of general lassitude, the urine high-coloured, and

on standing, deposits a brick dust-like sediment; the tongue generally covered with a white fur, the judgment much impaired, and rest disturbed.

Of the Causes of Inflammatory Fever.

Whatever tends to quicken the circulation of the blood, by increasing the action of the heart and arteries, will, under certain circumstances, produce the fever; as great pain, hard labour, immoderate use of spirituous liquors, high living, exposure to the heat of the sun, the repulsion or absorption of morbific humours, accidents, exposure to cold, and seldom by putrid or infectious vapours.

Of the Treatment of Inflammatory Fever.

The action of the arterial system should first be diminished by blood-letting, after which an emetic of two grains of emetic tartar, No. 35, will often, by emptying the stomach and bowels,* and producing a determination to the skin, check its further progress. If the fever, however, continue, the saline mixture may be taken, as directed under the head of crystallized acid of lemon, No. 22, and the perspiration kept up, by small doses of ten or twenty drops of tartarised antimony wine, No. 16, with warm

* In the treatment of fevers, emetics are the most powerful instruments, perhaps, the materia medica affords. They not only cleanse the alimentary canal, but tend to remove visceral obstruction, by exciting the action of the absorbent vessels; they emulge the biliary duct, occasion an equality of circulation throughout the system, and induce perspiration; hence, by carrying off offensive matter from the stomach and intestines, and at the same time producing so many healthy actions in the system, they often speedily terminate inflammatory fevers.

diluent liquids, as barley water, common whey, &c. and the body laxative, by means of small doses of either of the neutral salts, No. 2. If there be considerable determination of blood to the head, the application of leeches to the temples, a blister to the nape of the neck, and the immersion of the feet in warm water, should not be neglected; and if the chest be affected with stitches and difficulty of breathing, the loss of blood should be repeated, and a blister applied over the breast-bone. If, when the fever is almost entirely gone off, the delirium, for want of sleep, should continue, ten or twelve drops of laudanum, No. 31, may be given in a dose of the saline mixture. The diet should be principally arrow-root jelly, barley-water, gruel, or tapioca, without spices or wine, till the inflammatory symptoms are considerably abated. See Low Diet, page 152.

The application of cold water to the surface of the body, has been much recommended by that able physician Dr. Currie, of Liverpool; the reaction which sometimes follows its application, is frequently so violent as to produce inflammation of the brain or lungs. Frequent exhibition of purgative medicines, as the Epsom salt, No. 2, lately recommended by Dr. Hamilton, is attended with no such hazard, and in all cases not less beneficial. When the fever is entirely removed, the strength of the system may be restored by the use of the following mixture:

Take of the essential salt of bark, No. 24, one drachm,
dissolve in half a pint of
Mint water, and add
Sweet spirit of nitre, No. 15, three drachms.

Three table-spoonfuls to be taken four times a day. If the salt of bark cannot be procured, half a pint of the decoction (See Peruvian bark, No. 48.) may be substituted for it, and the mint water.

Fevers of all kinds are involved in too much obscurity to constitute a part of domestic medicine; inflammatory fevers often suddenly changing to the low or putrid kind, when a different mode of practice is required. They are often symptomatic of local mischief in the system, the nature of which can only be ascertained by a medical practitioner. They likewise often affect one part of the body more than another, and frequently those parts most necessary for life, as the brain and lungs, and if those determinations be not properly attended to, and counteracted, those parts may sustain, in the course of a few hours, so much injury as to endanger, if not speedily destroy, the life of the patient; the above instructions are therefore given as a guide for young practitioners.

OF INFLAMMATION OF THE BRAIN.

People in the vigour of life, the passionate, the studious, and the predisposed to apoplexy, are most subject to this disorder.

Symptoms of the Inflammation of the Brain.

It generally commences with rigours, tremor of the extremities, a sense of lassitude and stupor. The veins in the head at length become distended, and the arteries beat with increased force; the eyes are often steadfastly fixed, fierce, and sometimes sparkle; the voice shrill, and language incoherent, a proneness to anger, and at times a determined resolution to get out of bed; the pulse is generally languid, the extremities cold; on dozing, the patient generally talks or mutters a great deal, with a chattering of the teeth, trembling of the hands, and almost constant motion of the fingers, which seem to be picking or gathering something, and often do gather the

nap of the bed-clothes. After the fourth day, the delirium is more continual and furious, with watching, convulsions, and hiccup, white stools, and at length the stools and urine are discharged involuntarily; the pupils of the eyes dilated, and other symptoms of approaching dissolution ensue; or critical sweats and looseness come on, bleeding at the nose, or piles, which are of a more propitious import.

Of the Causes of Inflammation of the Brain.

Excessive drinking, violent passions of the mind, exposure of the head to the sun, long watching, close application of the mind, suppression of natural periodical evacuations, concussion of the brain, and whatever may increase the afflux of blood into the head.

Of the Treatment of Inflammation of the Brain.

The most powerful remedies should be employed on the first attack of the disease, to unload the vessels of the head; for this purpose as much blood should be extracted as the system will bear, either by opening one or both of the temporal arteries, or cupping the scalp or nape of the neck; or taking from the jugular vein, or the arm, by a large orifice, twelve or sixteen ounces of blood, or till the patient faints, which will prove of much greater advantage than double the quantity extracted from a small vessel, or by leeches. The head should be shaved, and the whole of the scalp covered with a blister. The next object is to produce a determination of blood from the head, by doses of the aperient mixture, No. 62, and the clyster, No. 97. With the same view blisters should be applied to the feet, the thighs, and arms; or the mustard poultice, No. 111. Folds of cloth, wet with vinegar, may be applied to the forehead, or ice or snow

to the whole head. The room should be kept dark and quiet, and the diet consist only of barley-water, acidulated with lemon juice. Such is the delicate structure of the seat of the disease, that no time should be lost in the employment of these means, which, from the feeble state of the pulse, are too often neglected till the brain has sustained irreparable mischief.

The saline mixture may likewise be given every three or four hours, as directed No. 78 or 22, with ten or twelve drops of the tartarised antimony wine, No. 16, to which as many drops of the tincture of fox-glove may be added if the circulation be much hurried; but in inflammatory attacks of a part of such delicate structure and importance as the brain, the advice of the most skilful and experienced physician and surgeon in the neighbourhood should be resorted to as early as possible.*

The state of mind should, in this disease, be particularly attended to. The medical writers of antiquity have with regard to this, given many very judicious directions. Aretæus, who may be considered the most eminent, remarks several circumstances apparently minute, but in reality very important. Thus he advises, "quiet and calmness both to the sick person and his attendants, and that he should be placed in a chamber of moderate size, with the walls smooth, uniform, and regular, and without projections, and not ornamented with a variety of

* Inexperienced apothecaries, whose practice is generally governed by the state of the pulse, and the effect more than the cause of disease, too often confound this affection with putrid fever, and instead of the depleting plan recommended above, treat the phrenetic symptoms as delirium from debility. The pulse, observes the learned Celsus, *res fallacissima est;* and in this disease it is particularly so.

colours or paintings, as these (he says) are apt to distract the mind and impose on the patient for realities. He orders even the bed-clothes to be smooth and of a regular surface, that the patient may not be induced to fatigue himself by picking the irregularities. He also directs that some of his most intimate friends may have access to him, and by amusing discourse and mild expressions, endeavour to pacify and compose his perturbation of mind. He recommends likewise a compliance, as far as possible, with all the desires of the patient, especially if he be prone to anger and violence. If light be offensive, or seem to aggravate the disorder by suggesting objects to the imagination, he orders the chambers to be kept dark; but if darkness, from the uncertain state of mind it induces, cause dread and horror, light is directed to be let in." Cælius Aurelianus, a physician of great celebrity in his time, agrees in most of these points with Aretæus, to which he adds some useful cautions of his own. Thus he directs the "light to be mild and gentle, as of a lamp or that of the day let in through a small aperture, and directed principally to the face of the patient as an object to fix his attention, and thus prevent the mind wandering in uncertain thoughts and ideas; a precaution frequently useful in modern practice, and known to be of the greatest efficacy in calming delirium when not very violent. He also recommends that such persons should not be admitted to him to whom he bore any aversion or dislike in his natural state of health; and that those people should be introduced whom he had been accustomed to respect and reverence; but that the visits of these should be only at intervals, in order that the influence of the mind might not be destroyed by habit and familiarity." All these precautions, observes Dr.

Falconer,* are extremely proper, being founded on reason and experience.

These directions, however, more apply to the delirium attendant on fever than active inflammation of the brain; as in the latter instance the patient is for the most part in a state of stupor.

INFLAMMATION OF THE EYE.

Symptoms.

It is characterised by pain, redness, heat, and tension of the whole bulb of the eye, or its membranes, accompanied with intolerance of light, and generally with an effusion of hot acrid tears.

Of the Causes of Inflammation of the Eye.

External injury, excessive light, minute examinations, repeated intoxication,† intense heat, and obstructed perspiration, are the most frequent causes of this disease.

Of the Treatment of Inflammation of the Eye.

The repeated application of leeches to the eye-lids or

* Falconer's Dissertation on the Influence of the Passions, page 89.

† Inflammation or redness of the eyes is one distinguishing badge of a drunkard, remarked by the vulgar as if to point him out by the finger of scorn. The wise king of Israel, who from his admirable proverbs, was evidently well acquainted with human nature, says, "who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath *redness of eyes?* they that tarry long at the wine, they that go to seek mixed wine." Solomon's Proverbs, chap. xxiii. ver. 29, 30.

temples, blisters to the nape of the neck, the occasional use of the aperient mixture, No. 62, the constant application of the eye-water, No. 100, by means of folds of fine old linen, the saline mixture, No. 78, a dark room, and low diet, are all indispensably necessary, and should be speedily employed to prevent films or specks, the effusion of lymph between the layers of the cornea,* or suppuration in the ball of the eye. If the inflammation continue obstinate, the blister should be kept open, by dressings of the savin ointment; and the aperient mixture, application of leeches, &c. repeated; and if the patient be of a plethoric habit of body, the extraction of blood from the jugular vein or arm will also be proper. When the disease occurs periodically, or in a scrophulous habit, the mixture, No. 75, should be substituted for the saline mixture, after due evacuations by the means above suggested. In case of much pain, two or three drops of laudanum may be dropped within the eye-lids at bed-time, or twice a day, which will not only allay the irritation, but often succeed in speedily dispersing the inflammation, particularly after the operation of the aperient medicine, &c. The electric aura applied to the eyes, is much recommended by Mr. Samuel Cam, an ingenious surgeon, in Hereford, in whose practice at the general infirmary of that county, it proved very successful in the discussion of local inflammation. If it arise from venereal taint, the internal use of mercury will be absolutely necessary.

The fever diet, described page 152, should be strictly observed.

When inflammation of the eye occurs in a scrophulous

* This effusion, terminating in adhesions of the layers, of which the transparent cornea consists, produces opacity, and is a very common cause of blindness.

habit, it is generally of a very obstinate nature, and after the excitability of the system is diminished by the means recommended, will generally require the use of the alterative medicines, recommended for correcting scrophula, to complete the cure, particularly the prepared natron, the alterative pills, and compound decoction of sarsaparilla. See Scrophula.

Chronic inflammation of the edges of the eye-lids will also require the same constitutional remedies, which, with the use of the following ointment will effect a cure:

Take of ointment of the nitrated quicksilver, two drachms,

Olive oil, four drachms.

Mix in a glass mortar; to be applied to the edges of the eye-lids, and particularly to the corners of the eyes, every night and morning, by means of a camel-hair pencil. In such cases an issue in the neck or arm and the scrophulous mixture, as directed No. 75, will prevent a recurrence.

Infants born in winter are subject to sore eyes, from the action of the cold air on them; all that is requisite in such cases, is to keep the head warm, and wash the eyes with fresh rose water. If the inflammation should increase, it will be proper to add two grains of white vitriol to four ounces of rose or elder-flower water, which should be dropped within the eye-lids once or twice a day, and often applied externally by means of some fine lint; the bowels should likewise be emptied by a little magnesia and rhubarb in mint water. When the symptoms run high, the application of leeches to the eye-lids, and sometimes a blister to the nape of the neck, or behind the ears, will be necessary.

Infants are sometimes attacked with sore eyes a few days after birth, attended with a discharge of thick mat-

ter, which, if not skilfully treated, may terminate in blindness; and as it is very rapid in its progress, the advice of of an experienced surgeon should be taken on its first appearance.

Of the Prevention of Inflammation of the Eye.

People subject to frequent inflammatory attacks of the eyes or eye-lids, should pay particular attention to the state of the digestive organs, and on any symptom of indigestion should take the alterative cathartic pills, as directed No. 84, or a solution of the Epsom salt, as advised No. 2, especially in the beginning of spring and autumn. The eyes should likewise be washed every morning with cold water, to which a little brandy may be added on the appearance of redness or fresh irritation. High-seasoned dishes, and strong wines, and spirituous liquors, should be avoided.

OF INFLAMMATION OF THE INTESTINES.

Symptoms, &c.

A fixed pain in the belly, increased on pressure, attended with the usual symptoms of fever, costiveness, and vomiting. The pain is felt in different parts of the bowels, according to the seat of the inflammation, and very often it spreads over the whole belly, and is felt more especially about the navel. The pulse is quick, hard, and small; the urine high coloured, the abdominal muscles frequently contracted.

Of the Causes of Inflammation of the Intestines.

It may be occasioned by external contusion; by acrids of various kinds taken into the stomach; frequently by very cold drink, swallowed when the body is warm; or cold applied to the lower extremities, or belly itself; it is

sometimes produced by costiveness; and often supervenes in the progress of colic; or produced by the strangulation of a protruded portion of the intestine in a rupture, or what is commonly termed a broken belly.

Of the Treatment of Inflammation of the Intestines.

Copious bleeding, emollient clysters of starch, frequently repeated, fomentations, the warm bath, a large blister on the belly, small anodyne clysters (see No. 96), occasionally injected, are the most effectual remedies in the first stage of this violent disease. In the case of vomiting, great care must be taken not to aggravate it either by the quantity or quality of any thing thrown into the stomach.

Such is the nature of this complaint, that we cannot be too cautious either in administering medicines or diluents by the mouth; for the capacity of the intestinal canal is often so diminished, as to be sometimes nearly obliterated or shut up, so that a quantity of any kind of liquid or aliment, however simple in themselves, must, by distending the intestines, or being forced against the obstruction, necessarily increase the irritation, and consequently aggravate the symptoms. Aperient medicines, whose action depends on the irritation they produce, are likewise in many cases improper. The frequent use of emollient clysters will supersede their necessity, and at the same time act as a fomentation to the parts. Fresh olive oil in the dose of a table-spoonful, is, perhaps, the only medicine that can be admitted with safety. Laudanum may sometimes be employed to great advantage, but in others it may prove as injurious: clysterwise it is generally more efficacious than when given by the mouth. When the pain remits and the violence of the symptoms abates, mild diluents may be allowed, as chicken broth, linseed tea, &c. and if such liquors be retained without

aggravating the symptoms, a little fresh castor oil may be given every three or four hours, till it procures a passage.

If the state of the intestine be suspected to exist, technically termed volvulus or introsusception, that is, a preternatural ingress of one portion of the intestine into the other, or a reduplication of the intestine, quicksilver, in the quantity of an ounce, should be given, and as its effects are entirely mechanical, the patient should be put in an erect posture, that it may the better press on the inverted part, and kept in that state till it has passed the stricture, which will require but a few minutes. He may then be replaced in bed, when the quicksilver will more easily pass through him.

In a late treatise on inflammation of the bowels, by Dr. E. Peart, calomel and opium are conjointly ordered in the first and every stage of this disease. The calomel to be continued at short intervals, and opium when requisite, till the disease is removed, even although forty, sixty, or more than one hundred grains of calomel may in the whole be found necessary. I have lately witnessed, in two desperate cases, the salutary effects of this practice, and seriously recommend it to the attention of the medical profession, but for domestic medicine it is much too powerful a remedy.

When the inflammation is the effect of some acrid poison swallowed, it requires the same treatment as already recommended for poisons.

The inner membrane of the stomach and intestines are subject to inflammation similar to that of the cuticle, termed St. Anthony's Fire, which is therefore named Erysipelatous or Erythematic Inflammation of the Intestines. In this species, calomel, as recommended by Dr. Peart, is a very excellent remedy. Stimulants, as a weak infusion of ginger, has likewise proved very efficacious,

by increasing the action of the mucous glands, and consequently a secretion of mucus, in which the disease seems to terminate. Medicines of this class should not, however, be employed without the sanction of an experienced practitioner. Children are particularly subject to this species of inflammation of the intestines, and in them it frequently proves fatal. The warm bath, small doses of calomel, and the cretaceous mixture, No. 64, with a diet of animal jelly (see hartshorn jelly, page 85), are, in such cases, principally to be depended on.

Of the Distinction of Inflammation of the Intestines.

The great degree of fever, quickness of the pulse, *constant* pain and great heat will distinguish this disease from every species of colic, in which vomiting is likewise not in so great a degree, and it is at the same time attended with coldness of the extremities.

INFLAMMATION OF THE THROAT, OR QUINSEY.

This disease occurs principally in spring and autumn, when vicissitudes of heat and cold are frequent. It affects especially the young and sanguine, and a disposition to it is often acquired by frequent attacks.

Symptoms of Inflammation of the Throat.

It commences with an unusual sense of tightness in the throat, particularly on swallowing, which is often effected with difficulty and pain. On inspection, some tumefaction and redness of the fauces may be perceived, which spreads over the tonsils, the uvula and soft palate, attended with a troublesome clamminess of the mouth and fever, with its usual attendants, as head-ach, de-

lirium. In desperate cases, the tongue and tonsils are so much swollen as to prevent deglutition, and to interrupt respiration, that the patient is often obliged to be supported in an erect posture to prevent suffocation. The inflammation generally attacks one tonsil first, which in a day or two it leaves and extends to the other, and sometimes quits them both suddenly, and flies to the lungs.

Of the Causes of Inflammation of the Throat.

It is generally occasioned by the external application of cold air, particularly about the neck. Whatever violently stimulates the fauces in a plethoric habit especially, as acrid food, poisons, &c. may produce it.

Of the Treatment of Inflammation of the Throat.

As the inflammation soon advances to suppuration, active means should be speedily employed for its resolution. The patient should therefore take a full dose of either of the neutral salts, No. 2, or the aperient mixture, No. 62, and, after its operation, the saline mixture, No. 78, with twenty drops of antimonial wine at bed-time. The gargle, No. 92, or 93, should be used frequently, and the volatile liniment, No. 103, applied externally, which for slight cases will generally prove sufficient; but if the inflammation should so increase as to give a sensation of suffocation, bleeding by leeches, or from the jugular vein, and a blister under the chin, to reach nearly from one ear to the other will be also necessary.

The diet should be gruel, arrow-root, and barley-water, acidulated with lemon juice. If, notwithstanding these means, the inflammation advance to maturation, the gargle, aperient, and saline medicines should be discontinued, and the patient allowed a little wine and beef tea, till

he is able to swallow more substantial food, and after the matter is evacuated, the detergent gargle, No. 95, should be employed, and three table spoonfuls of the following mixture, taken three or four times a day:

Take of red rose leaves, dried, two drachms; infuse in half a pint of boiling water till cold, then strain and add

Diluted vitriolic acid, two drachms,

Huxham's tincture of Bark, three drachms.—Mix.

If the patient should, at any period of the disease, be incapable of taking nourishment by the mouth, a clyster of starch or broth should be administered three or four times a day, with the view of supporting life.

OF INFLAMMATION OF THE LUNGS.

Symptoms, &c.

This disease commonly commences with shiverings and other symptoms of fever, soon succeeded by difficulty of breathing, cough, pain in some part of the chest, particularly on inspiration; a sense of fulness in, and tightness across the chest, great anxiety about the heart, restlessness, loss of appetite, the pulse quick, sometimes hard, and seldom strong or regularly full, the breath hot, the tongue covered with a yellowish mucus, and the urine turbid. The difficulty of breathing is most considerable on inspiration and in an horizontal position, and in order to facilitate respiration, the shoulders and head are kept more or less elevated. From the obstruction to the free passage of blood through the lungs, the veins of the neck are distended, and the face swollen, with a dark red colour about the eyes and cheeks. The pain in the chest is generally aggravated by the lying on the side affected, though sometimes the contrary happens, and very often he can lie easy only on the back.

Of the Causes of Inflammation of the Lungs.

It is occasioned by the application of cold to the body, obstructing the natural perspiration of the skin, and thus producing a determination to the lungs, while, at the same time, the lungs themselves are exposed to the action of cold, suppressed evacuations, repulsion of eruptions, violent exercise, external injuries, and vehement exertions of the lungs, are often exciting causes of this disease.

Of the Treatment of Inflammation of the Lungs.

The principal object in the cure of this disease, is to empty the vessels of the lungs, by proper depletion, and such remedies as are calculated to produce a determination of blood to the surface of the body and extremities, which, on account of the importance of the part affected, should be employed as early and fully as possible.

For this purpose twelve or sixteen ounces of blood should be taken, by a large orifice, from the arm, and repeated according to the strength of the patient and urgency of the symptoms;* with the same view, a large blister should be applied to the side most affected, and if the patient should complain of pain in the head, pulsation or drowsiness, one should likewise be applied to the back of the neck, and even to the feet. A dose of the aperient mixture, No. 62, should be taken every two hours, till it operates, and afterward the cough mixture, No. 66, according to the directions there specified; ten drops of the tincture of fox-glove may likewise be given two or

* If the constitution of the patient be naturally weak, the extraction of blood from the chest, by leeches or cupping, will often prove more serviceable than general bleeding, particularly by the latter method; and if the symptoms run high, they may be conjoined.

three times a day, if the pulse should continue quick. The patient should be suffered to drink plentifully of an infusion of linseed, acidulated with lemon juice, which will be sufficient for his support, till the symptoms are considerably abated, when he may be allowed some arrow-root, tapioca or sago jelly. After the inflammatory symptoms have subsided, the decoction of the Iceland liverwort, as directed page 151, will prove an excellent and the best restorative.

The structure of the lungs is of that delicate nature, that it will not sustain a violent inflammatory action many hours without the risk of endangering the life of the patient, or laying the basis of consumption, particularly if they happen to be affected with tubercles. The active remedies recommended above should therefore be had recourse to as speedily as possible, in order to abate and disperse the inflammation, and not employed by degrees, as is too frequently the practice with timid or inexperienced practitioners, through which many lives are doubtless lost that might have been saved had the means been adopted in the first instance.

It is scarcely necessary to observe, that in such an attack of a part so essential to life as the lungs, the most able advice should be restored to as early as possible, as a few hours delay may render the recovery of the patient very doubtful.

INFLUENZA. See Catarrh.

OF INTERMITTENT FEVER, OR AGUE.

When the fit of this disease returns every day, it is called a *Quotidian;* when every other day, *Tertian;* and *Quartan* when the fit occurs in the first and fourth days, the two

intervening ones being free; they are likewise called *Autumnal*, when they happen in autumn, and *Vernal* when in the spring. Other varieties are observed by authors, but as they require the same mode of treatment, and arise from the same cause, it will be unnecessary to notice them here.

Symptoms, &c. of Intermittent Fever.

A paroxysm of intermittent fever is divided into three stages, viz. The *Cold*, *Hot*, and *Sweating*. The *Cold Fit* begins with a remarkable shivering, nearly amounting to a kind of convulsive shaking of the whole body, which, after continuing an hour or two, is gradually succeeded by a degree of heat, generally slow, but sometimes otherwise, with pain in the head, thirst, and bitterness in the mouth, a quick and unusual pulse, which constitute the *Hot Fit;* as the heat abates, a moisture is perceptible on the skin, which often increases to a profuse perspiration, termed the *Sweating Fit*. The whole paroxysm generally occupies eight, and rarely less than six hours; the fever then entirely quits the patient, and regularly returns after the periods noticed above. The patient is likewise affected with heaviness, pain in the head, limbs, and loins, pallid complexion, chilliness of the extremities, yawning, stretching, violent shaking, small slow pulse, thirst, retching, sometimes vomiting a bilious matter, and, during the hot fit, a heat of the whole body, redness, distention of skin, the pulse quick and strong, short breath, delirium, high-coloured urine, without sediment, which abate by degrees, and terminate in an universal sweat.

Of the Cause of Intermittent Fever.

This disease is supposed to be produced solely by the action of the effluvia from marshes; some have noticed

as causes every thing likely to weaken the system, but these, although they may predispose the body for its reception, are not capable of producing the disease without the concurrence of marsh miasmata.

Of the Treatment of Intermittent Fever, or Ague.

The Peruvian bark has been so successful in the cure of this disease, that it is generally considered a specific; but before its exhibition, it will always be proper to clear the first passage by an emetic of ipecacuan powder, No. 23. The bark powder* may then be administered, for which very explicit directions are given, page 51.

The diet should be generous, and the patient allowed a glass or two of port wine, every day after dinner. These directions are applicable to every variety of the disease, and a continuance of the bark for at least a week, in smaller doses and less frequent, is often necessary, after the disease has left the patient, in order to prevent its recurrence.

The disease exhibits strong marks of the influence of the imagination and passions, numerous instances having been published of its being cured by medicines of no medical efficacy whatever, but of that odious and disgusting nature as is calculated to make a strong impression upon the senses, as live spiders, swallowed in that state,

* It is remarkable that the Peruvian bark in the cure of the intermittent fever, has succeeded in no other form than that of powder, it is therefore probable that much of its efficacy is owing to the mechanical action of the fibrous parts on the coats of the stomach and intestines. Common sand has been successfully administered in intermittents by a foreign physician, which can act on no principle.

snuffs of a candle, a dried toad* worn in the bosom, charms with ceremonious pomp and affectation of mystery.

OF THE ITCH.

Symptoms.

This disorder usually appears about the wrists, fingers, arms, and thighs, but never on the head. The itching is much aggravated by warmth, particularly in an evening, and when warm in bed.

Of the Causes of Itch.

From microscopical examination, it is asserted, that this disease is produced by a kind of animalculæ,† which are described to be of a whitish colour, and shaped like a tortoise, each having six feet, and a sharp head, with two sharp horns on its point, of a hard formation, so as not to be destroyed by friction or pressure; others assert, with greater probability, that it arises from an ichorous serum, which by irritating the small ramifications of the nerves under the cuticle, occasions the itching and heat.

Of the Cure of Itch.

Sulphur is a certain remedy for this disease, and more safe and expeditious than any other application we are acquainted with. In the itch ointment, No. 107, the un-

* A beetle or green lizard hung round the neck, are mentioned as approved remedies by Alexander Trallianus.

† This animal is supposed to run over the surface of the body, and by occasionally penetrating the skin, produces the eruption and itching.

pleasant smell of this medicine is disguised. The part affected should be well anointed with it every night, till the eruption entirely disappears. The internal use of sulphur will, in all cases, assist its external application. The linen should be clean and often changed, and not worn again before it be well washed and bleached, so as to destroy the animalculæ or infection that may have lodged in them.

The decoction of white hellebore, is by some preferred to sulphureous preparations, on account of being free from any unpleasant smell. It may be made in the following manner:

Take of white hellebore root, bruised, two ounces; boil in a quart of water to a pint and a half, then strain, and add lavender water, four ounces,

with which the parts affected should be washed two or three times a day.

Mercurial applications are much used, and preferred by many eminent practitioners, but they are neither so safe nor certain as sulphur, and may, under certain circumstances, prove very hurtful to the constitution. The advertised remedies for the itch are chiefly composed of arsenic, mercury, and lead.

OF JAUNDICE.

Of the Symptoms.

This disease comes on with listlessness, loss of appetite, drowsiness, oppression, and costiveness, soon succeeded by a yellow appearance of the whites of the eyes, the nails of the fingers, and at length the whole surface of the body; the urine is high-coloured, with a yellow sediment which imparts its colour to linen; the stools are whitish or grey; a violent pain frequently extends from

the right side to the pit of the stomach, which is considerably aggravated after meals; some are much disposed to sleep, and others to watchfulness. After the disease has existed a few days, the whole of the secretions, the brain, and bones become tinged with the colouring matter of the bile.

Of the Causes of Jaundice.

It is produced by whatever may obstruct the passage of the bile through its natural channel to the intestines, as biliary concretions lodged in the duct, or from compression of scirrhous enlargements * of the viscera, distention of the intestines by flatulency, or an impregnated uterus, or from spasmodic contraction† of the biliary duct itself, without such mechanical causes. A redundancy of bile in the alimentary canal, is sometimes, but very rarely, a cause of this disease (see Bile); a sedentary life and dejection of spirits dispose the body to this disorder.

* Scirrhous enlargements of the viscera are generally the consequences of the abuse of spirituous or fermented liquors; drunkenness has therefore been enumerated as one cause of this disease. " When jaundice appears," says a modern author, " it may be reckoned a proof of the patient's being a veteran worshipper at the shrine of Bacchus. The drunkard should be taught to look into a glass, that he might spy the changes in his countenance. The first stage would present him with redness of eyes. the second would exhibit the carbuncled nose, and the third a yellow and black jaundice."

† It is remarkable that this cause is often produced by jealousy and anger. Hoffman and Morgagni relate instances of the jaundice being repeatedly produced by mental commotions.

Of the Treatment of Jaundice.

The cure will of course depend on the removal of the impediment to the free passage of the bile through the biliary duct; but before the accomplishment of this object is attempted, it is often necessary to palliate the distressing or urgent symptoms. The violent paroxysm of pain should be relieved by twenty drops of laudanum, No. 31, and repeated occasionally. The deficiency of bile in the alimentary canal, may in some measure be supplied, by taking three table spoonfuls of the following mixture, an hour before each meal:

Take of infusion of Columbo, six ounces,
Salt of wormwood, one drachm;
Aloetic wine, one ounce. Mix.

When it arises from spasms or biliary concretions, the loss of blood from the arm will afford considerable relief, and should not be omitted if the patient be of a plethoric habit.

When the cause is concretions, lodged in the biliary duct, the indication of cure is the dissolution of the concretion, or to facilitate its passage to the intestines, by relaxing and agitating means. The solution of biliary concretions is extremely difficult, even out of the body, and of course must be much more so when lodged in the gall bladder, or duct. Dr. John Camplin, an able physician in Monmouthshire, has found ether to answer this purpose, and I have certainly witnessed its good effects in several cases, but whether from any solvent power, as the Doctor supposes, or as an anti-spasmodic, I cannot take upon me to determine.

For the purpose of relaxing the biliary duct, laudanum, the loss of blood, the warm bath, and nauseating doses of the tartarised antimony wine, No. 16, are the most powerful remedies; and the agitation of the parts, which

will afterward accelerate its expulsion into the intestines, is best effected by the emetic powder, No. 88, active purgatives of calomel and jalap, and exercise. During the employment of these means, the want of the bile in the alimentary canal should be supplied, by the use of the mixture of Columbo, recommended above.

When the disease is produced by the pressure of a scirrhous tumour,* the remedies to be depended on are the hemlock combined with mercury, in the following proportions, and the use of distilled water as recommended for the cure of cancer:

Take of powdered hemlock, one drachm;
Prepared calomel, two scruples;
Conserve of hips, sufficient quantity to form a mass to be divided into forty pills.

One to be taken three times a day, with a dose of alkaline mixture of Columbo, already prescribed.

The diet should be regulated according to the constitution of the patient; in cases of organic disease, the strength should be supported; and if it be produced by biliary concretions, the diet should be low, particularly if the patient be plethoric or feverish, But as vegetables are apt to generate a troublesome degree of flatulency and acidity in the stomach, the patient should be allowed broth, and a little animal food in substance. If it arise from a redundancy of bile in the alimentary canal, which is very rarely the case, gentle laxative medicines, as rhubarb, castor oil, and lenitive electuary will be sufficient.

Infants, from birth, are very subject to attacks of jaundice, from viscid mucus obstructing the gall duct,

* Scirrhosity of the pancreas, by compressing the biliary duct, is not an unfrequent cause of jaundice.

for the removal of which, a gentle emetic of ipecacuan powder (about three or four grains), is generally sufficient; if it should yield to this remedy, a gentle dose of calomel and rhubarb may be given twice a week, and the solution of salt of wormwood, two or three times a day, as directed, page 24.

People, subject to this disease from gall stones, should be very particular in avoiding indigestion, and the consequent formation of acidity, which, from the analysis of the stone, is probably the primary cause. (See Prevention of Indigestion.)

OF KING'S EVIL, OR SCROFULA.

The Latins termed this disease scrofula, from scrofa, a hog, because it has been observed in the swine. It is named the King's Evil, in consequence of Edward the Confessor, and other succeeding kings, both of England* and France, pretending to cure it by the touch. This disease is evidently hereditary, and although a generation or two may pass without its being manifested, it generally appears in the third.

Of the Symptoms of King's Evil.

This disease appears from two years of age, and generally but not always ceases at the period of puberty. It is often preceded by a peculiar look about the eye, and thickness of the upper lip; indeed, the countenance of a scrofulous habit is generally so peculiarly marked, that

* The last that practised this delusion was Queen Ann. In the London Gazette of the year 1707, is inserted a proclamation inviting her scrofulous subjects to the royal touch.

a medical practitioner may in general be enabled to determine by it whether the constitution be tainted or not. Light hair, rosy complexion, smooth, soft, and fair, skin; fulness of the upper lip with a chap in the middle; light, blue-coloured eyes, with a dilated pupil, chiefly characterise the scrofulous countenance.

The first external signs are, hard and indolent enlargements of the glands in the neck behind the ears, and sometimes in the arm-pits and other parts of the body; in process of time, the ligaments of the joints and even the bones become affected, so as to form the disease termed white-swelling. The internal symptoms are, a tumefaction of the glands of the mesentery, and formation of tubercles in the lungs.

Of the Causes of King's Evil.

Both the nature and cause of this disease are but little understood. Crude indigestible food, bad water, living in a low damp situation, are noticed by authors as exciting causes. Debility, which is more or less attendant on this disorder, is by some mentioned as capable of producing it, but this is certainly the effect instead of the cause of the disease, and is chiefly produced by the tumefaction of the mesenteric glands, preventing the chyle passing into the circulation for the due support of the body: weakness may, however, be the means of putting it into action.

Of the Treatment of King's Evil.

A great variety of alterative medicines has been recommended as specifics for this disease, but none has stood the test of experience. The prepared natron, as directed No. 60, has certainly proved most generally efficacious, to which may be added the Peruvian bark (in the proportion recommended in the mixture for scrofula, No. 75,)

in case the patient be much debilitated and free from cough, to which moderate exercise and cold bathing, particularly in sea water, will prove powerful auxiliaries.

Madder-root is much recommended by Dr. Hugh Smith; and Dr. Osborne, in his Lectures on Diseases of Women, relates a case of a young woman that was wonderfully benefited by it. In hardness of the glands approaching to a state of scirrhosity, and when the lungs are affected, and particularly when the patient labours under a suppression of the menses, this medicine may be worth a trial; the best preparation is the extract, which may be taken in the following manner:

Take of the extract of madder, four drachms, dissolve in a pint of mint water.

Of which a wine glassful should be taken at least three times a day. If the patient be much debilitated, the bitter infusion may be substituted for the mint water.

A saturated solution of muriated barytes in the dose of four to six drops twice a day, in any convenient vehicle, is particularly recommended in scrofulous complaints by Dr. Crawford, and it appears has been productive of salutary effects in a few instances. It sometimes occasions distressing symptoms in the system, on which account the learned doctor very properly cautions those who are unskilful in medicine, not to tamper with it. From some late accounts it appears, that this medicine has been given with advantage by some practitioners in Germany, and particularly by Dr. Huflelhand, physician to the Duke of Saxe Weimar. Prior to the exhibition of this medicine, the digestive organs should be corrected by an emetic, and the use of the scrofulous mixture, No. 75, for if the food be not properly digested, it may be decomposed, and its peculiar medicinal virtues destroyed. From inattention to this circumstance, the failure of this medicine in scro-

fulous complaints may probably be attributed. During its use, the prepared natron, or any other alkaline medicine, is improper.

The decoction of coltsfoot is much recommended by Dr. Cullen, as a corrector of scrofula; the recent expressed juice of the leaves I have known prove very beneficial in the dose of two table spoonfuls two or three times a day.

The compound decoction of sarsaparilla, which is very similar to the *Lisbon diet drink*, is much extolled by many eminent surgeons, for its anti-scorbutic properties. The following are the directions for making it:

Take of sarsaparilla root, sliced and bruised, six ounces;
Sassafras bark, bruised;
Shavings of guaiac wood;
Liquorice root sliced; of each one ounce;
Mezereon root, bruised, three drachms;
Distilled water, five quarts.

These articles are to be gently boiled over a slow fire for five or six hours, and the liquor to be afterward reduced by boiling to five pints. The mezereon root should not be added till the latter part of the process. The quantity to be taken is, from twelve to sixteen ounces (a pint), in twenty-four hours.

The most eminent practitioners generally recommend alterative doses of antimony and mercury to accompany the use of this decoction, particularly in obstinate cases; which are certainly powerful auxiliaries. The following is a safe, and the best form for their exhibition:

Take of prepared calomel, six grains;
Golden sulphur of antimony, twelve grains;
Conserve of hips, sufficient to form a mass.

To be divided into six pills; one of which should be taken every, or every other night, till the whole are consumed.

These pills need not be persisted in more than a week or ten days, or longer than the above quantity lasts, as the long continued use of mercury, by debilitating the system, will tend more to aggravate scrofula than otherwise. The decoction of sarsaparilla should, however, be persevered in till the symptoms have disappeared.

If acidity should prevail in the stomach, notwithstanding the use of these medicines, the prepared natron should likewise be taken occasionally, as directed, No. 60. Costiveness should in all cases be avoided, by the solution of Epsom salt, (see No. 2). During the use of mercury cold bathing is improper.

Different morbid conditions existing in different parts of the body, generally require, with the use of internal medicines, much topical management, according to circumstances, thus: when a joint is affected, the formation of matter should be prevented, by the treatment recommended for white swellings; and when the lungs are affected with tubercles, the remedies recommended for the tubercular consumption of the lungs will be necessary. When the glands of the neck are much tumefied, the topical application of sea water, or the following lotion, will prove very beneficial:

Take of crude sal ammoniac, half an ounce;
Muriatic acid, three drachms;
Pure water, one quart.

To be applied by means of a folded piece of linen, or the parts frequently washed with it: and if from their magnitude they be attended with inconvenience, the following pills may be taken for ten days, with the bark mixture and soda, already noticed:

Take of extract of cicuta, one drachm;
Prepared calomel, fifteen grains. Mix, and divide into twenty pills.

One to be taken twice a day.

The topical application of leeches, a blister, or an issue, is necessary, if attended with pain and inflammation, to prevent suppuration, which in all scrofulous humours should be attempted; for scrofulous ulcers are not only difficult to heal, but always leave an ugly scar, and the discharge so far from benefiting the system, as it is generally supposed to do by old women, the strength of the patient is reduced by the drain, and the disease in consequence frequently makes its appearance in some other part of the body.

Solutions of corrosive sublimate and arsenic have been industriously advertised as specifics for scrofula. Such medicines, judiciously administered, may prove beneficial; but in the hands of ignorance, they must, from their potency, be often productive of serious mischief; if the dose be exceeded only a few drops, the patient's life may be destroyed, instances of which have certainly occurred. The proprietor's positive declaration that they are perfectly innocent, having induced many to exceed the directions in order to accelerate their recovery.

People of scrofulous habits, should avoid all kind of excesses, and particularly guard against indigestion, for nothing is more likely to put the disease into action than impaired digestion, and the formation of acidity in the stomach. The rules for the prevention of indigestion should therefore be strictly attended to by scrofulous subjects, by which I am persuaded the disease may be kept in a dormant state for life, however strong the predisposition. Diseases of every kind in scrofulous habits should also be particularly attended to on their onset; however trifling they may appear to be, they often act as exciting causes of scrofula. Thus, cough, or a slight catarrhal affection, with determination to the lungs, may occasion that deposition of matter in the substance of the

lungs, which lays the foundation of an obstinate species of pulmonary consumption. Rheumatic affections of joints, and sprains, in such constitutions if neglected, may produce white swelling; indeed, the symptoms of all diseases generally run higher in scrofulous subjects than any other; acute complaints proving more fatal, and chronic ones more obstinate. In females particularly, it is some time before the health of the constitution is established, and the period of puberty with these is to be considered the most critical of their lives.

It has been observed by many medical authors, that scrofulous people should never marry. The disease, however, more generally appears in the third or fourth generation than in the offspring of such patients. Besides I believe very few families in this kingdom are to be found entirely exempt from it; and it frequently happens that those who have not the least appearance of scrofula, or been able to trace it in their families, have the most scrofulous children, who, from such circumstances, will not allow that the disease is scrofulous; and medical practitioners in general conceal the nature of the disease, sooner than incur the displeasure of the parents.

So far from discouraging such young women from entering the matrimonial state, I would advise them to marry early in life, from a conviction that nothing is more likely to establish the health of the body, and counteract or destroy scrofula, than the process of breeding; and it generally happens that all its symptoms disappear after the first pregnancy.

A diet principally composed of vegetables, a beverage of distilled water, and avoiding costiveness (by the occasional use of the solution of Epsom salts, as directed No. 2), will prove more powerful in suspending or destroying scrofula, than the most potent medicines.

OF LEPROSY.

The true Lepra, or Leprosy, very rarely occurs in this country. To this head, however, is referred a great variety of cutaneous affections, which, for the most part, yield to the remedies recommended for cutaneous foulnesses. (See Eruptions of the Skin.)

LOCKED JAW. See Trismus.

LOOSENESS. See Diarrhœa.

LOWNESS OF SPIRITS. See Hypochondriasis.

OF LUMBAGO.

When the rheumatism attacks the loins, it is thus termed. In cases of pains in the loins, medical advice should always be taken, for should inflammation be here mistaken for rheumatism, and, as such, treated with stimulating medicines, the consequence would be a formation of matter, constituting the disease termed Lumbar Abscess, which generally terminates in the death of the patient. Advertised medicines for lumbago have certainly been productive of much mischief in this respect. Spirit of turpentine, diluted with an insipid expressed oil, has been long sold under the fictitious name of Essence of Mustard, as a remedy for this disease and pain in the loins. The external and internal use of this medicine, as recommended by the proprietor, it is to be feared, has been productive of serious mischief and much human distress.

When the case is doubtful, the warm bath, a blister over the part, and the antimonial powder, as directed No. 37, may be considered safe and efficacious. (See Rheumatism.)

MALIGNANT SORE THROAT.

See Putrid Sore Throat.

OF MEASLES.

This disease is highly infectious, and it is a curious fact, that the constitution which has been once under its influence, is not liable to a second attack, a circumstance extremely difficult to account for. It prevails most in spring.

Of the Symptoms of Measles.

It generally begins with shiverings, succeeded by heat; a severe head-ach in adults, and heaviness in children; a slight inflammation and considerable heat in the eyes, attended with swelling of the eye-lids; a defluxion of acrid tears, an inability to bear the light, frequent sneezing and discharge from the nostrils; sooner or later a fever comes on, with a cough, a sense of tightness across the chest, nausea and vomiting. About the fourth, and sometimes the fifth day, red spots, resembling flea-bites, begin to appear on the forehead, and other parts of the face; and successively on the lower parts of the body, which increase, run together, and form large red spots, of different figures. The spots on the face sometimes appear a little prominent to the touch; but, on other parts, do not rise higher than the surface of the skin. On the third day of the eruption, the vivid redness is changed to a brownish red, and in a day or two more, entirely disappears, succeeded by a mealy scaling of the scarf skin, and sometimes a difficulty of

breathing, dry cough, pains in the chest, and fever; which, in scrofulous habits, often terminate in consumption.

Of the Cause of Measles.

The measles are occasioned by a specific contagion, the nature of which is not understood.

Of the Treatment of Measles.

If the symptoms be mild, the occasional use of the aperient mixture, No. 62, or an infusion of senna leaves with the neutral salt, No. 2, and ten or fifteen drops of the tartarised antimony wine, No. 16, at bed time, a low diet, and a warm room, will be sufficient. If the fever and affection of the lungs be considerable, the loss of blood, a blister over the breast bone, and the cough mixture, No. 66, will likewise be absolutely necessary, and should not be delayed. Linseed tea, or the compound barley water, as directed page 87, should be taken plentifully. If, after these means, the cough, difficulty of breathing, and pain in the chest continue, it will be advisable to apply another blister between the shoulders, or two or three leeches on each side of the chest. If looseness supervene, it should not be checked, unless it be violent, and even in that case not suddenly. Five grains of rhubarb, with two of ipecacuan powder, will in general for this purpose be sufficient. After the spots have disappeared, the patient should not be too hastily exposed to the cold.

The diet should be low, in proportion to the degree of fever. The compound barley water, and vegetable jellies, as arrow root, tapioca, sago, &c. will in general be sufficient, till the feverish symptoms are evidently on the decline. (See Fever Diet, page 152.)

When the measles recede, blisters to the chest, the

warm bath, and gentle emetics of ipecacuan powder, are the most powerful remedies that can be employed for its reexpulsion, but as such cases are always attended with imminent danger, the timely advice of a practitioner in medicine should not be neglected.

If much debility of the system should come on towards the end of the disease, and particularly if purple or black spots appear, the strength of the patient should be supported with cordials, beef-tea, and animal jellies, in order to assist nature in effecting a favourable termination. With this view the Peruvian bark will also be proper, which may be given in the following form:

Take of decoction of bark, six ounces;

Extract of liquorice, one drachm;

Diluted vitriolic acid, two drachms;

Compound tincture of cardamom, half an ounce. Mix. From a dessert to two table spoonfuls to be taken three or four times a day, according to the age of the patient and urgency of symptoms. Yeast, on account of the quantity of fixed air it contains, has been employed in this case, for the purpose of counteracting a supposed tendency to putrescence in the system. In some instances it has been administered with success, in the dose of a dessert or table spoonful four times a day, but in the majority of cases I believe it has proved hurtful by bringing on purging, to obviate which, two or three drops of laudanum should be given with each dose. If the patient should be afflicted with violent purging, it should either be checked or moderated by the cretaceous mixture, No. 64. The propriety of restraining purging, must, in a great measure, depend on the appearance of the fæces, for if they be dark and offensive, and the strength of the patient not reduced by them, they may be considered of a critical nature, and should rather be encouraged than diminished,

but to determine a point on which the life of the patient probably depends, the opinion of an experienced practitioner should be taken.

After the departure of the disease, there is frequently an inflammatory disposition remaining, which should be removed by gentle doses of the basilic powder, as directed No. 36. If cough should notwithstanding come on, blisters to the chest, and the cough mixture, No. 66, will also be necessary.

Attempts have been made to communicate the measles by inoculation, but I do not believe it ever succeeded, nor could any great advantage result from the practice.

Distinction of Measles.

On the first attack of this disease it is often difficult to distinguish it from common catarrh. In a day or two however, the violence of the symptoms evince the nature of the disease. It may be distinguished from other eruptions by the cough, watering of the eyes, sneezing, hoarseness, difficulty of breathing, and drowsiness, that precede the eruption.

OF MELANCHOLY.

Melancholy is a partial insanity, so nearly allied to that diseased state of imagination termed hypochondriasis, as to require a similar mode of treatment. Dr. Cullen, in his first lines of the practice of physic, observes, that he is at a loss to determine how, in all cases hypochondriasis and melancholy may be distinguished from one another, whilst the same temperament is common to both. The distinction may be generally ascertained in the following manner: the hypochondriasis is generally attended with symptoms of indigestion, and though there may be at the

same time an anxious melancholic fear arising from the feeling of these symptoms, yet while this fear is only a mistaken judgment, with respect to the state of the person's own health, and to the danger to be from thence apprehended, I still consider the disease as a hypochondriasis, and as distinct from the proper melancholy; but when an anxious fear and despondency arise from a mistaken judgment, with respect to other circumstances than those of health, and more especially when the person is at the same time without any symptom of indigestion, it constitutes the disease strictly named melancholy; but as a true melancholic temperament may induce a torpor and indolence in the action of the stomach, so it generally produces some symptoms of indigestion, and hence there may be some difficulty in distinguishing such a case from hypochondriasis. When the characters of the temperament are strongly marked, and more particularly when the false imagination turns upon other subjects than that of health, or when though relative to the person's own body, it is of a groundless and absurd kind, then, notwithstanding the appearance of some symptoms of indigestion, the case is still to be considered as that of melancholy rather than hypochondriasis; these distinctions, however, bear no reference to any difference of treatment.

The distinguishing character of this disorder, is an attachment of the mind to *one* object, concerning which the reason is defective, yet in general it is perfect in what respects other subjects. It is therefore obvious, like the hypochondriac passion, there is great scope for the management of the mind and passions. The point to be aimed at, observes the learned Dr. Falconer, seems to be, to interrupt the attention of the mind to its accustomed object, and to introduce *variety* of matter upon which it

may exercise itself. This, however, requires the greatest caution and delicacy in the execution. Most melancholic persons are jealous of being esteemed as such, and have generally a great opinion of their own wisdom and sagacity, and are apt to hold very cheap the common amusements of life, especially those connected with social intercourse and company, as they are inclined to think themselves neglected and despised by the world.

Van Swieten supposes, that travelling is best calculated for the cure of such patients, as it introduces a gradual yet interesting variety of objects and subjects of attention, which are the more pleasing as they have not the appearance of being *intentionally* introduced. The purpose of travelling also (to those whose situation and circumstances admit of it), may be varied according to the disposition of the patient. Van Swieten relates, from his own knowledge, that several literary persons who were thus affected, would by no means be persuaded to go to any mineral waters for relief, which they thought would confirm the opinion of the world concerning their disorder, but were easily induced to travel for the purpose of viewing several libraries and resorts of learned persons, and the varieties of attention thereby produced, had the best effects in working a cure. He also recommends to endeavour to excite such passions as are of an opposite nature to those that have prevailed during the course of the disorder. Thus the timid are to be supported with such arguments and discourse as may tend to rouse their courage and resolution; the gloomy are to be cheered with merriment and pleasure; and the violent and passionate to be restrained by fear. This advice seems proper, but seldom practicable. Even shame, observes Dr. Falconer, may be sometimes used successfully in prevent-

ing the consequences at least of these disorders. Plutarch* relates, that the virgins of Miletus were seized with an epidemic madness, that prompted them to destroy themselves; which was in vain attempted to be prevented, until it was ordered, that the bodies of those who thus put an end to their lives should be dragged naked through the streets; shame here proved a more powerful motive than the sense of duty, or any of the social affections.

It is generally found conducive to the cure, not to contradict too peremptorily the ideas and opinions of the patient. Opposition, if too direct, serves only to irritate the temper, and to confirm erroneous opinions. Such a degree of compliance as expresses only a moderate assent often succeeds. When the imagination is not inflamed by opposition, it often corrects itself. Sometimes, indeed, when the senses are violently depraved, it may be necessary to feign a more entire acquiescence with the opinion of the melancholy person. The introduction of sports and amusements (see treatment of the Hypochondriac passion), and such employments as consist of moderate exercise of the faculties, are likewise proper.

Cælius Arelianus recommends for this purpose, that literary people should be amused with philosophical questions. That the farmer should be entertained with discourses on agriculture, and the sailor with naval affairs. Others, he says, may divert themselves with games of chance. Music, for those who have a taste and ear for it, may perhaps be a powerful remedy, and is mentioned by Celsus and other writers.

* De virtutibus mulierum.

OF MENSTRUATION; also termed MENSES, and CATAMENIA.*

Menstruation is a natural secretion of a blood-like appearance from the womb, so named from its occurring once in the course of a month. This periodical discharge appears to be for the purpose of keeping up sanguification, or the making of blood, and a determination thereof to the womb, for gestation, or the nourishment of the fœtus during pregnancy.

From its not appearing at a proper period of life, from irregularity after it has taken place, from too great a secretion, termed flooding, and at the time of its cessation, many derangements of the system are produced, all of which I shall consider under this head.

The interruption of the menstrual secretion may be considered of two kinds, the one when it does not begin to flow at that period of life in which they usually appear, which is termed *chlorosis*, or green sickness, and the

* Young ladies are often at a loss how to express themselves when they have occasion to speak of the state of this secretion, with which in most diseases it is necessary the medical practitioner should be acquainted. The usual term of *regular* I believe is often misunderstood both by the medical practitioner and patient, as being applicable to the state of the bowels as well as this periodical evacuation. The word menstruate is much more explicit, and could not be mistaken by either. Instead, therefore, of the question, Are you regular? the physician may say, Do you menstruate regularly? or the lady might observe, that she does not menstruate regularly, or that menstruation is irregular, too abundant or too frequent.

other, after it has repeatedly taken place for some time, it does, from other causes than conception, cease to return at the usual periods, which I shall consider under the head of *suppression* of the menses. And first,

OF THE CHLOROSIS, or GREEN SICKNESS.

The period of menstruation is so different in different constitutions, that no time can be precisely assigned as proper to the sex in general. In this country it usually appears about the age of fifteen, but in many more early, and in others not till eighteen, without any disorder being thereby occasioned. It is therefore only to be considered as a disease when some disorders arise in the body, which may be imputed to its retention, and which are known from experience to be removed by the flowing of the menses. These disorders are a sluggishness and frequent sense of lassitude and debility, and the various symptoms of indigestion, and sometimes a preternatural appetite, as the longing for chalk, lime, charcoal, &c. The face loses its vivid colour, and becomes of a yellowish hue, the body pale and flaccid, and the feet, and sometimes great part of the body, affected with an œdematous swelling. The breathing is hurried by any quick or laborious motion of the body, and the heart is liable to palpitation and fainting. A head-ach sometimes occurs, but more certainly pains in the back, loins, and haunches.

Of the Causes of Green-Sickness.

It is supposed to arise from the want of due force in the action of the arteries of the womb, or some preternatural resistance in their extremities.

Of the Treatment of Green-Sickness.

The strength of the system should be restored by ex-

ercise, and in the beginning of the disease, by cold bathing,* and the use of tonics, combined with medicines that are known to produce a determination to the womb, and remove glandular obstructions, as the following pills:

Take of the ecphractic pill of the Edinburgh pharmacopœia, two drachms,
Oil of caraway seeds, six drops,
Prepared calomel, ten grains,

Mix well together, and divide into thirty pills, two to be taken twice a day: the dose should be increased, diminished, or repeated, so as to produce not less than one or more than two motions in twenty-four hours. If the smallest dose exceed this operation, they should be only used as an occasional aperient medicine, to obviate costiveness, and three table spoonfuls of the following mixture taken three times a day:

Take of gum myrrh,
Prepared natron, of each one drachm,
Salt of steel, one scruple,
Mint water, eight ounces. Mix.

Powdered madder root has been much recommended as a remedy for green-sickness, by that eminent physician, professor Home, of Edinburgh, who directs half a drachm of the fresh powder to be taken three or four times a day; after two days, the learned Doctor observes, two scruples may be given, and if this dose should not prove effectual in two or three days, it may be increased to a drachm four or five times a day. It appears that out of nineteen cases, the Doctor cured fourteen by the use of this root.

* If there be a preternatural determination of blood to the head or lungs, or the patient affected with cough, cold bathing is improper.

Dr. Cullen, however, states, that in all the trials he made with it, it failed, and in the practice of others it has been attended with no better effect. From the bulk of the dose necessary to be taken, I have never met with a patient who could persevere properly in its use. The extract, comprising a full dose of the virtues of the root in small bulk, is exempt from this objection; it may be taken combined with steel, as the following mixture:

Take of extract of madder, two drachms,
Muriated tincture of steel, forty drops,
Bitter tincture, two drachms,
Mint water, eight ounces. Mix.

Three table spoonfuls to be taken three times a day.

The tincture of black hellebore root, in the dose of a tea spoonful twice a day (in a wine glassful of water), is much extolled as a remedy for this disorder by Dr. Mead; it has not, however, succeeded so well in the hands of other practitioners: Dr. Cullen assures his readers, that in many trials he never found it to answer. In fact there is no medicine that possesses specific powers in producing menstruation, and therefore the disease is only to be cured by a combination of means, the success of which principally depends on improving the general health of the body.

Electricity has been employed as a stimulus in those cases, and a gentle shock passed through the region of the womb, has in a number of instances succeeded.

Frequent and habitual exercise of the body is of the highest importance. It is absolutely necessary to surmount the antipathy which such patients have to an active life. The inclination to indolence, is doubtless a symptom of the disease, therefore circumstances are to be proposed to them, which will induce them willingly to take exercise. Innocent recreations (particularly dancing), rural occupations, will answer this purpose.

If the patient suffer much pain in the head, the feet should be put into warm water every night, and a few ounces of blood extracted from a vein of the foot. If the pulse be full, or if the patient complain of difficulty of breathing, and a sense of tightness across the chest, the timely loss of blood from the arm, and a blister to the chest, may prevent consumption of the lungs.

If the habit be tainted with scrofula, the remedies recommended for that disease will prove most beneficial. (See King's Evil.)

Marriage is considered a specific in those cases by Dr. Cullen and our first medical authors, and I believe it to be infallible; it is therefore an indispensable duty on the female relations of a young woman so afflicted, to exert their influence in promoting it.

These remedies are adapted to the cure of the retention of the menses termed chlorosis, or green-sickness. I shall now proceed to the consideration

Of the Suppression of the Menses,

In entering upon which I must observe, that every interruption of the menses, after it has once taken place, is not to be considered as a case of suppression, for the discharge on the first appearance is not always immediately established in its regular course, and therefore if any interruption happen in the course of the first or second year it may often be considered as a case of the retention termed chlorosis, or green-sickness, especially if attended with the symptoms peculiar to that state. The cases, therefore, of suppression, are such as occur after the flux has for some time been established in its regular course, and in which the interruption cannot be referred to the causes of the retention termed chlorosis, but must be imputed to some resistance in the extremities

of the vessels of the womb, induced by cold, fear, and other causes, which may produce a constriction of these extreme vessels. There are, however, some cases, which depend on general weakness of the system, and consequently of the vessels of the womb, but in such cases the suppression always appears as symptomatic of other affections, on the removal of which its recurrence depends.

A suppression of this periodical discharge seldom continues long without being attended with various symptoms of disorders in different parts of the body, arising from the blood being determined to other parts instead of the womb, and often with such force as to rupture a blood-vessel; hence bleeding from the nose, lungs, stomach, and otherparts, are often produced: besides which the patient is commonly affected with hysteric fits, and the long train of symptoms of indigestion.

Of the Treatment of Suppression of the Menses.

Warm bathing, particularly to the region of the womb,* by removing the constriction of the vessels is to be considered the most powerful remedy.

A costive state of the bowels should be removed by the occasional use of such medicines, which will at the same time produce a determination of blood towards the womb, as the following pills:

Take of the colocynth pill, with aloes, one drachm,
Compound pill of galbanum, half a drachm,
Prepared calomel, fifteen grains.

After being well mixed, divide into thirty pills; three of which are to be taken occasionally.

* For the purpose of immersing the pelvis in warm water, a convenient bath has been constructed, named the Hip Bath

In case of violent head-ach or much cough, the loss of a few ounces of blood, according to the strength of the patient, or symptoms of plethora, will likewise be proper.

The Peruvian bark, steel, and other astringents usually employed in such cases to strengthen the system, by increasing the constriction of the vessels of the uterus, often do much harm. The feet should be put every night in warm water for ten minutes, and kept warm during the day-time by the use of thick flannel socks. The diet must be regulated according to the symptoms of plethora and debility. If the patient do not suffer much from local plenitude, as head-ach, oppression of breath, &c. it should be of the nutritious kind, but not stimulating; wine, particularly port, and spirits, should be avoided. Exercise, in this case, is of greater consequence than medicine, as it will obviate plethora, amuse the mind, and promote digestion. If, on the contrary, it be attended with symptoms of plenitude of the vessels, local or general, a low diet should be strictly observed, and all stimulants avoided, which might, by producing an afflux of blood to the head or lungs, produce a rupture of a blood-vessel, which might terminate in the death of the patient; when, therefore, the local symptoms run high, or the general health is much disturbed, the opinion of a physician of eminence should be taken, before the case is too far advanced to admit of relief.

The advertised remedies for obstruction of menses are very numerous. Hooper's pills have long been employed for this purpose, and I believe them to be a good remedy for the retention of the menses, termed chlorosis; but they cannot be applicable to all cases of suppression. For chlorosis or green-sickness, it is but justice to the proprietors to observe, that they are a good medicine, but

certainly inferior to the ecphractic pill of the Edinburgh pharmacopœia.

Having considered the two kinds of interruption of the menstrual discharge, I shall now proceed to the consideration of the increased quantity termed

FLOODING,

As unconnected with a state of pregnancy or lying-in. The flow of the menses is considered immoderate when it recurs more frequently,* when it continues longer, or when, during the ordinary continuance,† it is more abundant‡ than is usual with the same person at other times. It is not, however, every inequality that is to be considered a disease, but only those deviations that are excessive in degree, which are permanent, and induce a manifest state of debility.

When a larger flow of the menses has been preceded by head-ach, giddiness, or difficulty of breathing, and has been ushered in by a cold shivering, and is attended with much pain in the back and loins, with a frequent pulse, heat, and thirst, it may than be considered preternaturally large, and in consequence of a repetition, the

* The usual period is from twenty-seven to thirty days.

† The time of its continuance varies in different women. It seldom continues longer than six days, or shorter than two. In general, women of a lax and delicate constitution have a more copious and a longer continued discharge than the robust.

‡ It is extremely difficult to ascertain, precisely, what quantity is usually discharged; but women themselves can generally inform the physician, with sufficient exactness for regulating the practice, whether the discharge be immoderate: the average quantity is supposed to be about five ounces.

face becomes pale, the pulse weak, an unusual debility is felt on exercise, the breathing is hurried by much motion, and the back becomes pained from continuance in an erect posture, when the extremities become frequently cold, and when, in the evening, the feet are affected with a kind of dropsical swellings, termed œdema, we may, from these symptoms, certainly conclude the flow of the menses to have been immoderate, and to have induced a dangerous degree of weakness of the system, which is often attended with palpitation of the heart, affections of the stomach, frequent faintings, and a weakness of mind, liable to strong emotions from slight causes, especially when suddenly presented.

Of the Causes of Flooding.

It is produced by a preternatural determination of blood to the womb, or a plethoric state of the body, from high living, strong liquors, and frequent intoxication; violent straining, exercise, particularly in dancing, and violent passions of the mind, cold applied to the feet, frequent abortions, or child-bearing, and whatever will induce general laxity, as living much in warm chambers, and especially drinking much of warm enervating liquors, such as tea and coffee.

Of the Treatment of Flooding.

When a copious menstruation has come on, it should be moderated as much as possible, by abstaining from all exercise either at the coming on or during the continuance of the menstruation, by avoiding an erect posture as much as possible, by shunning external heat, as warm chambers and soft beds, by using as light and as cool a diet as former habits will allow, by obviating costiveness, by the use of laxatives that will give little stimulus, as

castor oil, and lenitive electuary; the external and internal use of astringents to constringe the vessels of the womb, as the application of cloths sprinkled with vinegar to the region of the womb, and three table spoonfuls of the following mixture taken every four hours:

Take of red rose leaves, dried, half an ounce, infuse in a pint and a half of boiling water, till cold, then strain and add

Acid elixir of vitriol, thirty drops,

Tincture of ratania root, one ounce.

If the discharge, notwithstanding, continue immoderate, the following should be thrown up the vagina by means of the female syringe:

Take of pomegranate rind, bruised, three drachms, boil in a pint and a quarter of water to a pint, then strain and add,

Alum, a drachm and a half.

To be used cold.

Ipecacuan powder, in small doses of two or three grains, so as to excite nausea and not vomiting, according to the experiments of Dahlberg, as related by Dr. Murray, has been found to answer best; but in both instances they should be administered with caution, since it sometimes happens that they do more harm than good. Dr. Cullen once met with an accident of this kind, in which the vomiting increased the discharge to a great and dangerous degree. Spontaneous vomiting is, however, always attended, in such a case, with the most decided benefit in checking the discharge; and I have known the exhibition of an emetic dose of ipecacuan powder snatch, as it were, the patient from the jaws of death.

Of the Prevention of Flooding.

When flooding arises from laxity of the system or the

vessels of the womb, or if the discharge have induced much debility in the system, it will be proper, during the intervals of menstruation, to employ cold bathing and strengthening medicines, as the infusion of roses, with elixir of vitriol and tincture of ratania root, as above directed. The occasional cause, in all cases, should be particularly avoided, by which means only the disease may be prevented. From inattention to such causes, and to the moderating of the discharge in the first beginning of the disease, it at length becomes violent, and of difficult cure.

In cases of flooding, attendant on miscarriages, or lying-in women, the patient should be kept as quiet as possible, till medical assistance can be procured. If it be very considerable, a cloth wetted with vinegar may be applied to the loins and bowels till his arrival.

When flooding occurs during labour, the life of the woman may be considered in such imminent danger, that a moment should not be lost in obtaining the assistance of an able man-midwife.

The most critical period of a woman's life is, perhaps, when the menstrual discharge is about to cease, which is generally denominated *the turn of life*. It occurs between the 40th and 50th year of her age, frequently about the 50th; and if this period be passed over without producing disease, her health may be considered established, and her life very good; but for the most part the entire cessation is succeeded by a determination of blood to the head, producing violent head-ach, and ultimately apoplexy; or to the lungs or bowels. At this period a woman should be very particular in avoiding a plethoric state, by moderate exercise and abstemious diet and the frequent use of aperient medicines, of which aloes will answer best. If she be attacked with violent head-ach and giddiness.

she should lose blood from the arm; and if disposed to apoplexy, an issue in the neck, the use of thick flannel to the soles of the feet, aloetic purges, spare diet, and exercise, are the most powerful preventives.

The discharge from the womb or vagina, termed fluor albus, or whites, is considered in its alphabetical order.

OF THE MUMPS.

This disease has been little taken notice of by medical writers. It is often epidemic, and supposed to be infectious.

Of the Symptoms of the Mumps.

It generally comes on with the common symptoms of fever, such as cold shiverings, sickness, vomiting, pain in the head, &c. which is soon succeeded by the appearance of a considerable tumour in the neck, at the corner of the lower jaw; often only on one side, but more frequently on both, and finishing its course on one side and afterwards attacking the other, it increases till the fourth day, and from that period it declines, and in a few days goes off entirely.

Of the Treatment of the Mumps.

This disease commonly runs its course, without either dangerous or troublesome symptoms; so that a low diet, and the occasional use of the neutral salts, No. 2, or aperient mixture, No. 62, are all that are requisite. If, however, the swelling be considerable, and the fever run high, with pain in the head, the application of leeches to the part (and sometimes the loss of blood from the arm, if the patient be of a full habit), a blister to the nape of the neck, and the saline mixture, No. 69, will be necessary.

OF NERVOUS DISEASES.

In domestic medicine, the appellation of *nervous* has been much too vaguely applied. In one sense, every disease that assails the human frame may be termed nervous, inasmuch as the nervous system is, either primarily or sympathetically, affected, but in the professional acceptation of the word is signified, a *class of diseases* in which the nervous system is primarily or principally affected. Thus Dr. Cullen, and other physicians, who are celebrated for their classification of diseases, comprehend under this title all those morbid affections which consist either in the interruption and debility of the powers of sense or motion, or in the irregularity with which these powers are exercised, and which are arranged under four orders, viz. First, Such as consist in the loss of voluntary motion, as apoplexy and palsy. Secondly, In a weakness or loss of motion in either the vital or natural functions, as fainting, hypochondriasis, &c. Thirdly, Spasmodic affections without fever, as epileptic fits, St. Vitus's dance, locked jaw, asthma, hooping cough, &c. And fourthly, Disorder of the intellectual functions, as insanity. Hence the term nervous embraces a great variety of diseases, remote in their causes and nature; some arising from an increased action, and others from a diminished one; and again, even such increased excitement may depend on debility and a diminished excitability, in consequence of compression of the brain from plenitude of the vessels and increased action of the heart.

Medical practitioners often make use of the term nervous in accounting for sensations the patient may notice in detailing the various symptoms of his complaint, which I believe has given rise to the present general loose and inaccurate application of the word.

Quack doctors, however, artfully refer all the diseases of the body to a morbid state of the nervous system, in order to impose their nervous cordials on the credulous public. Thus, in their advertisements, a long train of symptoms are classed as *primary* diseases, and although diametrically opposite in their nature, the unfortunate sufferers are assured, that by the use of *their* cordials, they may be most certainly restored to health; hence the hypochondriac (who, through weakness of intellects, cannot discover the fraud) falls an easy prey to the allurement; and unfortunately this class of people are but too numerous in this country to support this disgraceful practice; and if empiricism is at all to be justified, it is certainly in such lamentable cases of diseased imaginations; but their nostrums are too often taken in cases in which they are a slow but certain poison, and therefore should not be allowed, especially in a country in which medicine has been more successfully cultivated than in any part of the known world. There is not another nation who suffer themselves to be so miserably duped by ignorance and fraud as the English. If the impositions were limited to the *purses* of the public, or the amusement of the mind of restless hypochondriacs, or what are more commonly called nervous patients, the injury would be but trifling; but unhappily many of these illegitimate objects of speculation are dreadfully pernicious in their effects upon the health of those who are so weak as to purchase them. Common sense, one would imagine, was alone sufficient to detect the impudent falsehood of a quack, who proclaims to the world that his medicine is equally good for diseases different in their nature, their sources, and their symptoms, and which every apothecary's boy can tell him requires a different and even an opposite treatment.

That eminent and philanthropic physician, Dr. Hamil-

ton, of Edinburgh, observes in his popular treatise on the Management of Female Complaints, "many shocking cases have occurred within the observations of the author of this work, where women have neglected pursuing, with steadiness, the suggestions of regular practitioners, in consequence of the false confidence they were induced to place in the dishonest promises of the discoverers of nostrums. A simple recital of the agony of such women, previous to death, might appear incredible! and the interference of the legislature, in checking this species of robbery, is certainly required, since not only is money stolen, but also life is destroyed, and that in a way of torture too, which the severity of the law has never yet exercised on the most flagitious criminal!!"

The publications of these impostors, addressed to youth of both sexes, it is to be feared, have proved as injurious to the morals of those who have perused them, as their medicines have to the health of their patients; and it is a lamentable fact that these works have, by some unaccountable means, got into the possession of young ladies, particularly at boarding-schools! to whom the obscenity* of the works is probably the only inducement to read. "It is really lamentable (says Mr. Corry, in his Detector of Quackery) that his Majesty's Attorney-General has not been informed of these indecent publications; perhaps the time is approaching when he may take cognizance of these *moral essays*, and there can be little doubt but the sage and beneficent authors will

* Since the observations published in the last edition of this work on Empirical Practices, I am happy to observe that the proprietors of the most respectable public prints in the metropolis have excluded the advertisements of quacks that have an immoral tendency.

be amply rewarded. Whoever publishes an obscene pamphlet is liable to fine, imprisonment, and the pillory." How much greater then should the punishment be for such as endeavour to poison the health and morals of a people, by the propagation of falsehood and imposture."

Valetudinarians often voluntarily suffer more pain than ever was inflicted by the Inquisition. By swallowing every medicine which ignorant friends or artful quacks recommend, these wretched dupes, instead of disarming disease, only render it more formidable. One fourth of the diseases of mankind, I firmly believe to be imaginary; and that many persons contribute to the support of the physician, and pay him liberally for regular attendance, while they labour, not under bodily indisposition, but a "*mind diseased.*" Many an athletic hypochondriac, whose sanity would be restored in a few days by exercise, now imagines himself at the point of death, though he will probably outlive his physician.*

The revelling and excess of these unhappy beings, have produced in them such a relaxation of nerves and imbecility of mind, that they tremble at the momentary

* About ten years since, I was requested to see a lady who was supposed to be in a dying state. On my arrival, I found her so far revived by (as she stated) a *thimbleful of Hollands*, as to give me an history of her complaint. The relation of her nervous symptoms occupied upwards of an hour. She had been ailing about fifteen years, during which time she had been given over no less than twenty times. By the use of a cordial medicine she was restored, and at this time drags on a miserable existence from the dread that every approaching night is to be her last, although her appetite is good and her sleep sound!! Her husband in one year spent one-fourth of his income in quack medicines, from which she derived no benefit.

gloom occasioned by every passing cloud, the sight of a hearse fills them with horror, and the mournful knell thrills through every fibre.

A variety of nervous sensations, tremors, and paralytic affections, are common followers of intoxication. "The head and hands of some inebriates," says Dr. Trotter, "particularly in the morning, shake and tremble, but regain their usual strength, and become steady as the *cordial* dose is repeated. Men of this description are so nervous as to be a kind of living thermometers; as the blood warms their spirits rise, and when it cools again by withholding their dram, they sink into languor and dejection. When affections of this kind make their appearance, the wretched inebriate has almost finished his career of dissipation, the *silver cord* of life is nearly loosed, and the wheel broken at the cistern!!"

The term nervous, as it is now generally applied, may be considered as synonymous with hypochondriacal. We however frequently meet with patients with a deranged state of the nervous system, unaccompanied with that turn of mind which I have noticed, page 331, as constituting hypochondriasis; but such derangement may generally be traced to either some error in the digestive organs, visceral obstruction, or an accumulated or diminished excitability in consequence of the imprudent use of exhilarating cordials. When this unfortunate state of the nerves arise from indigestion, which is certainly the most frequent source, the patient will derive considerable advantage by taking three table-spoonfuls of the following mixture two or three times a day:

Take of extract of ratania root, two drachms,
Compound tincture of ditto, one ounce,
Sp. sal volatile, two drachms,
Pure water, twelve ounces.

If the stomach be much affected with acidity, nausea, or flatulency, an emetic of ipecacuan should precede the use of this medicine; and in case of costiveness, the solution of Epsom salt, as directed page 7, should be taken every morning as there directed. The ratania root will not only promote digestion, but in allaying nervous irritability, is the most powerful remedy we are acquainted with. This invaluable medicine has hitherto been principally employed by wine-merchants on the continent, for the purpose of giving a colour and pleasant astringency to the red wines, the medicinal virtues of which are to be chiefly attributed to it. It evidently invigorates the digestive organs, strengthens the nervous system, and corrects acidity in the stomach and bowels, and prevents that species of flatulency which I have termed *intestinal* (see Flatulency), and which is probably a principal cause of the mental sufferings of nervous patients.

When any of the viscera are affected, or if there be evidently a deficiency of bile, which may be known by the pale or black appearance of the fæces, a grain of calomel made into a pill, with conserve of hips or soft bread, should be taken every other night for a week or ten days. During the use of these medicines, the patient should attend to the directions given for the prevention of indigestion.

The abuse of spirituous liquors not only disturbs the digestive organs, but so deranges the nervous system, that it receives false impressions, and communicates them to the sensorium; hence external objects which would otherwise give pleasurable ideas, often excite disgust, and the mind of such patient is truly wretched as long as he is not under the influence of the exhilarating cordial; by the frequent use of which the soul itself receives impressions that are incompatible with its reasoning power.

Spirituous liquors raise the animal spirits, exhilarate the mind, which are only immediate effects; for it seems a law of the human body, that the spirits are never artificially raised without being afterwards, perhaps, more than proportionably depressed; and thus after the effects of the spirit or wine are gone off, if the person finds himself languid and enervated to a terrible degree, the ideas in the absence of the stimulus have all a gloomy cast, and every sensation is unpleasant; there is an aching void which nothing can fill up but a repetition of the cordial draught, which is no sooner swallowed than another is desired; thus by degrees the structure of the brain itself, the very origin or root of the nerves, is injured, and every species of delirium, often amounting to insanity, are the certain consequences.*

> "—— an anxious stomach well
> May be endured: so may the throbbing head:
> But such a dim delirium, such a dream,
> Involves you; such a dastardly despair
> Unmans your soul, as madd'ning Pentheus felt
> When baited round Cithæron's cruel sides,
> He saw two suns and double Thebes ascend."

Wine and ardent spirits of every kind ought only to

* The nervous cordials of many of the quacks are an ardent spirit, so powerful that a table spoonful is equal to a glass of the strongest brandy, to which their efficacy is solely to be ascribed. These stimulants, by exhausting the excitability, soon blast the vigour and sap the foundation of the strongest constitution. It is only those whose nervous system has been impaired by the abuse of spirituous liquors, that would, however, receive even a temporary relief from such medicines; and we may conclude that those who have attested their efficacy were drunkards.

be resorted to on extraordinary occasions, and in a medicinal point of view. Persons in good health have no need of them, they are better and stronger without them; for in proportion as they exhilarate, so do they afterward depress, and the habitual use of them, even in what is generally considered moderation, by too rapidly exhausting the excitability of the system, seldom fails to shorten the natural duration of life. In these observations it must be understood, that

"We curse not wine, the vile excess we blame."

For after we have passed the meridian of life, a little wine may be more serviceable than otherwise; but the exact period it should be employed in must depend on the natural strength of the constitution and occupation of the person. Dr. Trotter is of opinion, that no person in health can require wine till he has arrived to forty. "He may then (says this esteemed author) begin with two glasses in the day, at fifty he may add two more, and at sixty he may go to the length of six glasses in a day, but not to exceed that quantity even though he should live to a hundred. Good wine in old age stimulates the withered limb to motion, softens the rigid fibre, and produces an healthy determination of perspirable matter to the skin, on which account wine has been aptly called the "*milk of old age.*"

"Oh! seldom may the stated hours return
Of drinking deep; I would not daily taste,
Except *when life declines*, even sober cups;
Weak withering age no rigid law forbids,
With frugal nectar, smooth and slow with balm,
The sapless habit daily to bedew,
And give the hesitating wheels of life
Gliblier to play. But youth has better joys:
And is it wise, when use with pleasure flows,
To squander the relief of age and pain?"

Such as have impaired their general health and nervous system, particularly by frequent intoxication, or the too liberal use of spirituous or vinous liquors, will receive every benefit medicine can afford by attending to the directions given for the prevention of indigestion. (See Causes, &c. of Indigestion.)

OF THE NETTLE RASH.

This eruption is so named from its resemblance to that produced by the stinging of nettles. It is a very mild disease, and seldom requires the use of medicines. When it is attended with fever, small doses of either of the neutral salts, No. 2, or the aperient mixture, No. 62, with twenty drops of antimonial wine, No. 16, at bedtime, and a low diet, will be sufficient; and if it be of a chronic nature, twelve drops of the diluted vitriolic acid, No. 18, may be taken three times a day (in a wine glassful of cold camomile tea), or the aperient sulphurous water recommended under the head Rochelle Salts, No. 2.

NIGHT MARE.

This complaint always happens during sleep. It comes on with a sense of great weight on the chest, with great horrors and agitation of mind; sometimes the patient imagines he sees spectres of various shapes, which oppress and threaten him with suffocation, and attempts to cry out, but often without effect; sometimes the uneasiness continues after he awakes, so as to prevent his turning or moving in bed. Nervous and studious people, and the predisposed to apoplexy, are most subject to this disease.

Of the Causes of Night Mare.

It is probably produced by slight pressure on the brain, from distention of the vessels, occasioned by whatever may obstruct the free return of blood from, or increase its afflux into, the head; as lying on the back, with the head low, a tight bandage round the neck. Many practitioners suppose, that the sensation originates in air or indigestible matter in the stomach of *supper eaters*, which pressing the stomach against the diaphragm, impede respiration, and render it short or convulsed. People are certainly most subject to it after a hearty supper, and when they lie on the back, which seem to favour this supposition.

Of the Treatment of Night Mare.

If the patient be of a sanguine habit, the loss of blood will be proper, with the use of the aperient mixture, No. 62, and a spare diet, due exercise during the day, a light supper, keeping the feet warm by wearing flannel socks, and obviating costiveness, by the occasional use of the cathartic extract, No. 46, will prevent its recurrence.

If the patient be what is generally termed nervous, a tea spoonful of the volatile tincture of valerian, taken twice a day in a wine glassful of cold camomile tea, afford the most efficacious remedy.

When it arises from indigestion, the ground Jamaica ginger, No. 49, taken at night in a little water, will in general prevent its occurrence.

OF PALPITATION OF THE HEART.

This affection is frequently so violent as to be heard at a considerable distance, and sometimes the action of the heart may be perceived on the outside of the clothes.

When it arises from a plethoric state of the system, the loss of blood, and the use of the aperient mixture, No. 62, are necessary; when from irritability of the nervous system, ether, No. 14, with tincture of castor and valerian tea, will prove serviceable; when it proceeds from mal-formation or disease in the heart itself, or of some of the large vessels, relief may be obtained by avoiding plethora, much bodily exertion, full meals, and excesses of every kind, with the use of medicines calculated to allay nervous irritability, as camphor, valerian, laudanum and ether; when the action of the heart is very violent, from ten to twenty drops of the tincture of foxglove may be taken two or three times a day, in three table spoonfuls of the saline mixture, and a blister applied to the left side; if its violence should not abate after the use of these remedies for two or three days, two grains of the extract of tobacco or hemlock powder may likewise be taken every six or eight hours.

This affection is sometimes symptomatic of water in the pericardium, which chiefly occurs in aged people, when small doses of calomel, about one or two grains every night for a fortnight, or till the mouth is rendered tender by it, and twenty drops of muriated tincture of steel, in a glass of water three times a day, with the jolting* of a carriage once a day, will be the most beneficial.

This disease is often the consequence of the communication between the auricles of the heart (which exists

* The exercise on the box of a carriage without springs is preferable to that of the inside of the carriage; but the nature of the disease should be well ascertained before such a remedy be employed, for if the disease arise from aneurism of the aorta, or some organic disease of the heart, the agitation will prove very hurtful.

during the fœtal state) remaining unclosed; such a case will only admit of the palliative means of avoiding plethora, full diet, violent exercise, and agitation of mind, with the occasional loss of blood.

OF PALSY.

Symptoms of Palsy.

Palsy consists in a loss of tone and vital powers, sometimes of the whole body; more frequently of one side, rarely the lower extremities from the loins, and sometimes confined to a muscle or nerve, as of the bladder and anus, suffering the urine and stools to pass off involuntarily, sometimes the muscles of the tongue, occasioning stammering and loss of speech, sometimes of the optic nerve, producing the disease called gutta serena, or imperfect vision, and sometimes the nerve of the ear, producing deafness. In violent cases, where one half of the body is paralysed, the speech is much impeded, or totally lost; convulsions often take place on the sound side. The muscles of the affected side of the face being relaxed, give those of the opposite side an appearance of being drawn up or contracted, and the patient having the power only of putting those in action on the well side, appears on speaking to elevate the corner of the mouth so as to amount to a kind of grin or laughter, which is only owing to the muscles of the opposite side being in a relaxed state. The paralytic part gradually decays, shrivels up, feels much colder than any other part of the body, and with a weaker action of the arteries.

Of the Causes of Palsy.

Palsy is produced by compression, interrupting the flow of the nervous power from the brain into the organs of

motion, or the effect of poisons. The compression may be from distention of blood-vessels, effusion of blood or serum, or from tumors. Of the poisonous causes, lead is the chief. It is often produced by the division of a principal nerve; and sometimes, but very rarely, it is the consequence of extreme debility.

Of the Treatment of Palsy.

When it is produced by compression of the brain, from distention or effusion, the paralytic numbness is only symptomatic of apoplexy, and as such should be treated. (See Apoplexy.) If, however, the palsy continue after the compression of the brain is evidently removed by the means there recommended, it should be treated as local palsy, by external stimulants, as friction with flannels, or mustard-flour and blisters. Electricity, so much recommended for paralytic affections, by stimulating the brain and sanguiferous system, is a dangerous remedy, and may, by producing a determination of blood to the head, occasion a fatal relapse of the apopletic fit.* The organs of digestion should be invigorated by such stimulating medicines that will not, at the same time, increase the action of the heart and arteries; for this purpose a tea spoonful of powdered Jamaica ginger, No. 49, may be taken twice or thrice a day, or a pill of two grains of capsicum. The peristaltic motion of the bowels should be kept up by taking five or ten grains of the aromatic pill twice a day, or in such quantity as to produce one stool in twenty-four hours.

* This effect of electricity is by no means unfrequent. I have known several instances of apoplexy immediately following the application of electricity, and when palsy is the sequel of an apoplectic fit, this stimulus should never be employed.

A seton in the nape of the neck, particularly if the patient be affected with giddiness, will afford considerable relief, and should not be neglected. The diet should be nutritious, but in moderate quantities, and flannel worn next the skin. If it arise from the compression of a tumor, its removal, if practicable, is first necessary; the part afterward will be easily recovered by local stimulants. If curvature or disease in the back bone, compressing the spinal marrow, be the cause, a perpetual blister, an issue, or seton, over the part affected, or on each side of the diseased portion of the bone, are the only remedies to be relied on. If confined to a muscle or a limb, the topical application of electricity and a blister, will prove serviceable. When the effect of poison, the part should be stimulated by electric sparks, mustard poultices, and the mixture, No. 74, or 71, taken as there specified.

The rhus toxicodendron or sumach, has been lately much recommended by Dr. John Alderson, as a remedy for palsy. The Doctor, in a treatise on its virtues, relates several desperate cases of palsy, in which it proved successful. A grain of the powder is directed to be taken in any convenient vehicle twice a day, and to be gradually increased to three grains twice a day. From the account given of it by Dr. Alderson, it appears to have effected more in the cure of palsies than has ever been ascribed to any other remedy, and such as justly entitles it to the attention of the medical world. It is worthy of notice, that on the continent it has been considered a virulent poison, and therefore should be given with great caution. In one of the cases, the dose was increased to ninety grains night and morning, and in some it is said that even two grains produced pain in the stomach and bowels.

PHRENSY. See Inflammation of the brain.

OF PILES.

Symptoms of Piles.

A discharge of blood from one or more tumours, sometimes external and sometimes within the verge of the anus. When attended with no discharge, they are termed *blind piles*, and when the discharge is only the serous part of the blood, *white piles*. This disease, at first, is generally local; but from frequent occurrence, the constitution becomes so habituated to the discharge, as at length to be established a disease of the system, in which case it is preceded by head-ach, stupor, giddiness, and other symptoms of fever, with a sense of tightness or fulness, heat and itching, and a sense of dragging down about the anus, or otherwise symptoms of indigestion, as flatulency, acidity in the stomach, often attended with spasms. When inflammation of the tumors run high, it often ends in the formation of matter, and thus produces the sinous ulcer, termed fistula, a common termination of mismanaged piles.

Of the Causes of Piles.

This disease may be occasioned by any thing that interrupts the free return of blood from the rectum, most commonly the pressure of hard fæces, an impregnated or enlarged womb; thus it frequently happens to those who are habitually costive. It is often produced by irritation; hence aloes or the Scotch pills, as they are termed, are calculated to produce this disease, from their peculiar stimulating effects on the rectum. By repeated use of such medicines, the constitution is not only habi-

tuated to this unpleasant affection, but from the irritation they keep up in the neighbourhood of the anus, excrescences frequently arise, which I have known to prove so troublesome to ladies, as to render them unable to sit half an hour at a time without experiencing considerable pain, until they were relieved by a surgical operation. The piles are sometimes the effect of relaxation and debility, and I believe not unfrequently arise from an inflammatory action in the rectum, and a diminished secretion of mucus from its inner membrane.

Of the Treatment of Piles.

When costiveness is the cause, the electuary for the piles, No. 85, or the aperient sulphurous water, noticed under the head of Rochelle salts, No. 2, should be taken as there directed; after the due operation of either of these medicines, the parts should be anointed with the ointment, No. 105. In case of much inflammation, general bleeding and the application of leeches to the part, will be necessary to prevent the formation of fistulous ulcers; and the patient should keep in an horizontal position, and strictly observe a low diet. If irritation be the cause, the same mode of treatment should be pursued, with the occasional use of laudanum, No. 31. And if the consequence of relaxation, the tonic mixture, No. 77, and the application of a decoction of oak bark (made by boiling half an ounce of the bark in a pint of water, for about ten minutes) should be applied to the part frequently. Astringent and cold topical applications should, however, be employed with great caution, and not without the advice of a surgeon, as apoplexy has followed sudden repulsion of piles.

If the discharge of blood in either case be considerable, the patient should be kept quiet, in a reclining position,

and use a cold diet, and avoid stimulants and external heat.

When the constitution has become habituated to the disease, and the parts suffered much from its frequent occurrence, stimulants, as pepper, and ginger, taken with the aliment, often afford considerable relief. A stimulating electuary, known by the name of Dr. Ward's paste, has been much puffed off, and even recommended by regular practitioners. The following is an exact copy of the Doctor's receipt for making the paste, as published by John Page, Esq. to whom he bequeathed his book of receipts:

Take of elecampane powder, two ounces,
Sweet fennel seed powder, three ditto,
Black pepper powder, one ditto,
Purified honey, and
Brown sugar, of each two ounces.

The size of a nutmeg to be taken two or three times a day.

Ginger powder, or black pepper, generally have a very salutary effect in piles, although attended with great irritation and even a degree of inflammation, which one would suppose, from their stimulating qualities, they would increase. Such medicines probably afford relief, by producing an increased secretion of mucus from the inner membrane of the great gut,* and invigorating the hæmorrhoidal vessels, which in cases of piles appear much relaxed.

* The application of stimulants to inflamed secreting surfaces have often a very happy effect, by producing the natural secretion of the parts, and exciting them to an healthy action. In the same manner it is probable, aromatics prove serviceable in colic and other pains in the bowels.

A scorbutic inflammation round the anus is very often mistaken for piles, by people who are unacquainted with the disease. This complaint is attended with a most troublesome degree of itching, and often an ichorous discharge. It soon yields to the following ointment:

Take of citrine ointment,

Spermaceti ditto, of each equal parts.

To be well mixed together in a glass mortar, and rubbed over the affected parts two or three times a day.

The solution of the Epsom salt, taken as directed, page 7, will prevent its recurrence. The parts are likewise subject to excrescences or warts, which are often mistaken for piles; they may be removed by ligature, caustic, or the knife: the ligature should be preferred, if the basis of the excrescence will admit of its application. The daily ablution of the parts with cold water will afterward destroy the disposition to their formation. The recurrence of this disease will be best prevented by obviating costiveness, by proper management of diet, cold bathing, and general bleeding in sanguine habits.

PLEURISY.

This disease is an inflammation of the membrane of the lungs, and lining of the internal surface of the thorax, termed the pleura. It is attended with the same symptoms as characterise inflammation of the lungs, but generally in a slighter degree; and requires the same mode of treatment with respect to medicine, diet, &c. to be pursued for the recovery of the patient as already recommended for inflammation of the Lungs, page 368.

PUTRID FEVER. See Typhus Fever.

OF THE PUTRID, OR MALIGNANT SORE THROAT.

Symptoms.

It commonly begins with alternate chills and heats, pain and heaviness of the head, a strong expression of anxiety in the countenance, and other symptoms of fever, soon succeeded by slight swelling of the throat, the tonsils becoming inflamed and tumid, which spread to the neighbouring glands, with a high florid, or bright crimson appearance of the fauces, &c. somewhat shining or glossy, soon attended with whitish or ash-coloured spots, which increase rapidly, and terminate in ulcers, more or less superficial; the tongue becoming foul at the root, and the breath exceedingly offensive. The feverish symptoms are much aggravated towards night, and accompanied with delirium. The disease gradually grows worse; and about the third day, nauseau, griping, and dysentery are produced, probably by the discharge from the ulcers being swallowed. There is commonly (especially with children) a partial or general crimson efflorescence of the skin, or an eruption of small pustules, which relieves the affection of the stomach and bowels, the early and kind appearance of which is considered a favourable omen: it is highly infectious.

Of the Cause of Putrid Sore Throat.

This disease seems to be produced by a peculiar specific contagion, affecting all ages, occurring at all seasons, and prevailing in all situations. The nature of the contagion is unknown.

Of the Treatment of Sore Throat.

This disease, like other febrile contagions, is generally terminated by a natural course; the chief object, there-

fore, of its medical treatment, is, in the first instance, to moderate the fever, and afterward combat unfavourable occurrences. With the first view, a full dose of ipecacuan powder, as directed No. 23, should be administered on its first attack, and after its due operation, the saline draught, in a state of effervescence, as directed page 25. If the emetic should not operate on the bowels, and they be in a confined state, a dose of the Epsom salt, as directed No. 2, will be proper; but both emetics and purgatives should be employed with caution, for should they produce violent diarrhœa, to which there is generally a great disposition, by reducing the strength of the system, they would tend to accelerate its fatal termination. On the contrary, if the fæces be black and offensive, and the patient's countenance and spirits improved by the evacuations, purgatives will be very proper. The antimonial preparation, sold under the name of Dr James's fever powders, which, in domestic medicine, is generally resorted to on the attack of all fevers, is a very dangerous medicine in this disease, and by reducing the vital powers has been productive of the most serious mischief, many instances of which have been noticed by Dr. Monro, who states that it has hurried many to their graves in a few hours. The early application of a blister to the throat and the use of the acidulated gargle, No 93, will tend much to abate the local inflammation and consequent ulceration. When the diseased parts begin to separate, the saline draught should be discontinued for the tonic mixture, No. 77, with two drachms of the diluted vitriolic acid in lieu of the spirit sal volatile and the detergent gargle, No. 95, used instead of the astringent one. The patient should be supported with strong beef tea and arrow root jelly, and if incapable of taking a sufficiency by the mouth, the nutrient lavement, No. 99, should be injected three times a day, by means of a

syringe with a long flexible tube, that it may be thrown higher up into the bowels, than by the bladder and pipe, generally used. In case of violent purging, the clyster, No. 85, will be proper, or forty drops of laudanum may be added to the nutrient clyster; and if the patient be not able to swallow the bark mixture, two drachms of Peruvian bark powder may likewise be added. The room should be fumigated twice a day with the nitrous vapours, as directed page 90, which will not only prevent the spreading of the contagion, but being inspired by the patient, will prove perhaps more beneficial than medicine taken by the mouth. The evaporation of the acetic acid, as advised No. 38, will, in a small room, answer as well in destroying contagious effluvia; but for the purpose of inhaling, is by no means so efficacious as the nitrous vapours when diffused in the atmosphere. As this disease is highly contagious, the fæces of the patient should be received into a pot with some vinegar in it, and conveyed from the house as soon after their evacuation as possible.

The spirits of the patient should be supported by inspiring a confidence of recovery and avoiding all objects that are likely to depress them, as funerals, passing-bell, or any notice of the fatality of the disease in the neighbourhood, particularly of a friend. Even charms, says Dr. Falconer, might be used with good effect, could we promote a strong prepossession of their efficacy, either by the confidence they inspire, or by their engrossing the attention of the mind. Aretæus, fully sensible of the necessity of supporting the strength of the system in general, and how much this depends on the spirits, expressly counsels the patient "to be of good heart, and advises the physician to entertain him with such discourse as might tend to encourage his hopes of recovery." Hope and confidence are as necessary for the prevention, as

cure of contagious fevers. It is scarcely necessary to observe, that the advice of the most experienced and able practitioner should be solicited on the first attack of the disease, when medicines may be administered with effect.

QUINSY. See Inflammation of the Throat.

OF RHEUMATISM.

This disease commonly occurs in autumn and spring, and seldom in winter or summer, unless the vicissitudes of heat and cold be sudden and frequent. When it is attended with fever, it is called *acute* or *inflammatory rheumatism*, and when there is no fever, *chronic rheumatism*.

OF THE ACUTE OR INFLAMMATORY RHEUMATISM.

Symptoms of Acute Rheumatism.

This species commences with the usual symptoms of fever, accompanied with pain, swellings, and redness of the joints, generally of the knees, hips, ankles, shoulders, elbows, and wrists, while the smaller joints of the toes and fingers are seldom affected. The fever rarely continues violent more than fourteen days, although sometimes the pain keeps shifting from one joint to another for some weeks. The pain and sometimes the fever is much increased in the evening, and the former during night is often acute. As the pains become fixed the fever generally abates.

Of the Causes of Rheumatism.

It is produced by exposure to cold, when the body is

unusually warm, or by its partial application, or from a continuance of cold, as from wet clothes; the immediate cause of the pain is difficult to account for.

Of the Treatment of Acute Rheumatism.

The first object in the cure of this disease, is to abate the constitutional fever; for as long as the febrile symptoms run high, all topical applications will prove unavailing. For this purpose, particularly if the patient be of a plethoric habit, general blood-letting will be proper, and afterward the occasional exhibition of the aperient mixture, No. 62, or either of the neutral salts, as directed No. 2, after the due operation of which, the antimonial febrifuge powder may be exhibited as directed page 45; or if the pain be very severe, the following draught at bed time:

Take of tartarised antimony wine, No. 16, thirty drops;
Liquid laudanum, No. 31, fifteen drops;
Camphorated julap, No. 28, one ounce. Mix.

Half a pint of weak white wine whey should be taken in about an hour after this draught, to promote its sudorific operation, and the mixture, No. 63, taken every four or five hours during the day time, in order to keep up perspiration. The draught may be repeated every night till the symptoms have considerably abated. If the inflammation run high, the application of six or eight leeches will be necessary. When the fever is abated, and the pains become fixed, the parts should be well rubbed with the volatile liniment, No. 103, or opodeldoc, No. 5. In case the pain and inflammation continue obstinate, the use of the warm bath once in twenty-four hours, and blisters to the parts affected, will prove powerful auxiliaries to the above remedies.

Opium, in the dose of one grain, three times a day, is much extolled by Dr. Pearson, as a remedy for acute

rheumatism, and in general it proves very successful; but the loss of blood, and the use of aperient medicines, should be premised. Exposure to cold should be avoided, and a low diet observed. Common whey, taken warm, affords an excellent medicinal beverage.

Electricity is a very popular remedy for rheumatic complaints; but for this species, by increasing the fever, it is uniformly hurtful. It should, therefore, never be employed till the complaint becomes of a chronic nature.

OF CHRONIC RHEUMATISM.

Of the Symptoms of Chronic Rheumatism.

When the febrile symptoms, together with the swelling and redness of the joints attendant on the acute species, have entirely abated,* and the pain still continues to affect certain joints with stiffness, and uneasiness of motion, and change of weather, the disease is termed *Chronic Rheumatism*, which often continues a length of time. The joints most surrounded by muscles, and the parts that suffer much by bodily exertion, as the hip and the loins, are commonly the seats of this complaint. When it affects the hip joint, it is named *Sciatica;* and when situated in the loins, *Lumbago.*

Of the Causes of Chronic Rheumatism.

It is supposed to arise from a loss of tone in the muscular fibres and blood-vessels of the part affected, which is attended with rigidity and contraction of the former, and when far advanced, with a considerable diminution

* The period of acute rheumatism seldom if ever exceeds forty days, after which, if the pain continue, it may be said to have become chronic.

of nervous energy, approaching to a state of palsy. Violent exertions and strains are often the exciting causes of lumbago.

Of the Treatment of Chronic Rheumatism.

The indications of cure are exactly opposite to that of the acute or inflammatory species; the latter being attended with an increased action of the system, and the chronic with a diminished one. The energy of the part affected should be roused by topical stimulants, as electric sparks, the volatile liniment, No. 103, with friction,* and application of flannel. If these means prove ineffectual, a blister may be applied over the part affected; or the following stimulating plaster, recommended by the late Dr. Hugh Smith:

Take of gum plaster, one ounce;
Blistering plaster, a quarter of an ounce;
Gum euphorbium, one drachm.

To be mixed with as little heat as possible, and spread on leather.

* Friction is, perhaps, more efficacious in the recovery of joints affected with chronic rheumatism, than electricity or the most stimulating applications. By friction alone I have known many very obstinate cases of diseased joints from rheumatism, perfectly cured. Even gently beating the parts with a stick, or pounding them with a wooden hammer, not only proves a powerful remedy in removing the disease, but in preventing its recurrence. A gentleman of great respectability, who had suffered much from rheumatic pains, complicated in some degree with gout, had recourse to these latter methods, since which he has not suffered a relapse, although now upwards of fifteen years since he employed them; the same gentleman, as I have noticed under the head of Cataract, cured himself by the same method of that disease.

The warm or hot bath may likewise be employed with advantage.

These external applications should be assisted by the internal use of the anti-rheumatic mixture, No. 71, as there directed, to which a drachm of the essential salt of bark may be added, in case of much debility of the system; a tea spoonful of the farina of the Jamaica ginger may likewise be taken twice a day in a glass of camomile tea. The diet should be generous, and the common beverage the Batavian spirit of juniper, commonly called gin, diluted with water.

If the disease be attended with emaciation of the body, and particularly with an exacerbation of pain in the evening or during night, two of the following pills may be taken twice a day, with a quarter of a pint of the compound decoction of sarsaparilla, and will prove very beneficial:

Take of prepared calomel, twelve grains;
Gum guaiacum, one drachm;
Extract of tobacco, half a drachm;
Golden sulphur of antimony, one scruple. Mix, and divide into thirty pills.

The compound decoction of sarsaparilla* should be taken to the extent of a pint a day. A decoction of the leaves of the oleander or rosebay, in the dose of a wine glassful three or four times a day, has been strongly recommended as a remedy for chronic rheumatism in particular; the decoction is made by boiling half an ounce of the leaves in a pint of water till one fourth is consumed. It will be advisable to begin with a smaller dose at first, and gradually increase to a wine glassful.

The use of the distilled water in every article of diet, and as the principal beverage, is much recommended by

* The directions for making this decoction, are given page 380.

Dr. Lambe, an experienced physician in London; and I am well persuaded, will prove of the greatest advantage in the cure of both acute and chronic rheumatism; in the latter case, a little of the spirit of juniper, noticed above, may be added to the common drink.

A clergyman of great respectability in Bath, with an obstinate rheumatic affection of the extremities, nearly approaching to a state of palsy, derived more advantage from the use of this water, than either the Bath waters, warm bathing, and stimulating medicines; and by due perseverance in its use, is now able to walk five or six miles with ease, after being confined to his house two or three years.

Of the Prevention of Rheumatism.

Cold bathing, and the use of flannel next the skin, are the most effectual means of preventing the recurrence of both chronic and acute rheumatism.

Of the Distinction of Rheumatism.

Rheumatism may be distinguished from gout, in not being preceded by pain in the stomach, symptoms of indigestion, and cramp of the extremities; by being seated in the larger joints, while the gout affects principally the smaller joints; occurring at an earlier period of life; not being hereditary, and in general can be traced to some exciting cause, particularly the action of cold. It is exceedingly difficult to distinguish rheumatic pains from those produced by deep-seated inflammation, and from such mistakes the most serious consequences often arise, particularly when seated in the loins or hip-joint; the stimulating applications, as electricity, &c. employed for the cure of rheumatism, increasing the inflammation, and occasioning extensive suppuration, which generally

terminates in the death of the patient. Such mistakes have happened even in regular practice; and through the imprudent use of quack medicines, such terminations are very frequent. That obstinate, and generally fatal disease, the lumbar abscess, begins with pains in the loins, similar to lumbago, and the only chance the patient has of recovery, is to prevent the formation of matter; therefore, in all doubtful cases, the application of a blister, cupping, and the use of the following diaphoretic medicine should be employed, instead of the stimulating plan recommended for chronic rheumatism:

Take of camphorated julap, No. 33, five ounces;
Mindererus's spirit, No. 10, three ounces;
Sweet spirit of nitre, No. 15, three drachms. Mix.
Three table spoonfuls to be taken every four or five hours.

Spirit of turpentine diluted with the oil of mustard has been much puffed off in the daily prints under the name of *Essence of Mustard*, as a remedy for rheumatism, &c. Spirit of turpentine has been long employed both internally and externally in cases of *chronic* rheumatism, but in the *acute* kind, it must, on the same principle, prove highly injurious. From the admixture with oil of mustard, it derives no advantage whatever, as that oil does not contain the medicinal properties of the seed, but is perfectly insipid, and may be obtained at the mustard manufactories at a much cheaper rate than any other simple expressed oil, and probably on this account it has been adopted. The stimulus of the mustard is of a peculiar nature, and very different to turpentine; if, therefore, a person that was desired to take the mustard seed by a physician, and he preferred the *essence of mustard* from the supposition that it contained, in a pure and concentrated state, all the virtues of the seed, which is stated

to be the case, the most serious consequences might ensue, and in a court of justice a person so injured might recover heavy damages, notwithstanding the interest of the stamp office might be exerted in behalf of the proprietor.*

OF RICKETS.

This disease is peculiar to infancy, seldom appearing after the third year, or before the ninth month of a child's age, but generally in the intermediate space. It first shows itself by an enlargement of the head, face, and belly, while the other parts of the body diminish in bulk, except the joints of the hands, arms, knees, and feet, which become irregularly tumefied, the bones lose their solidity, so as to be incapable of supporting the body; hence those which are employed for that purpose, as the legs, thighs, and back bone, become crooked and distorted, and the child walks with more and more difficulty, till it entirely loses the use of its feet; the veins of the neck, and those that surround the enlarged joints are generally much distended, while those on other parts of the body appear in a diminished or contracted state; the countenance is lively, the cheeks full, and often florid, and the faculties of the mind sometimes impaired, but more frequently possess a premature acuteness of the understanding; the sides of the chest flattened, and the breast bone elevated, often in a point; the ends of the ribs, like the joints above noticed, are often knotty; the teeth generally come forward at a

* The editors of the "Medical Observer" have very properly exposed this dangerous and disgraceful practice of advertising nostrums under fictitious names, in order to deceive the ignorant and unwary, and have made many judicious strictures on the Essence of Mustard.

late period, and soon turn black and decay, or become loose and fall out; the pulse is quick and feeble; the appetite sometimes good, but the digestion evidently bad, with flatulency and vomiting of acidity.

This disease seldom proves fatal, unless fever and consumption of the lungs supervene; but after the fourth or sixth year, the child generally gains strength, and the bones of the legs, although very crooked, often become straight as the child grows, while the distortion or curvature of the back bone frequently increases.

Of the Causes of Rickets.

From the frequency of this disease in marshy countries, a moist atmosphere has been noticed, by medical writers, as a predisposing cause. Some have attributed it to bad nursing, the use of acescent food, and whatever may tend to debilitate the body; others, with less probability, have imputed it to a scrofulous or venereal taint in the parents. From the examination of those who have died of the disease, the mesenteric glands, the liver and lungs, have been found enlarged, and the bones nearly destitute of the earthy matter which gives them firmness and shape.

Dr. Bobba, of Italy, sometime since presented to the Medical Society at Paris, some ingenious remarks on the cause of rickets. It is well known, that the bones owe their solidity to phosphat of lime, he therefore ascribes the cause of rickets to a want of this substance; but whether the phosphat of lime is entirely wanting in the system, or the vessels destined for its deposition in the bones be too weak to perform their office, the learned Doctor does not take upon himself to determine. The source of rickets may be traced to some wrong action in the digestive organs, probably from unwholesome

food, or want of the due exercise of the body; in consequence of which, the bile* is not secreted in sufficient quantity, a strong acid is generated, and the food not properly converted into chyle. The acidity which is formed both from animal and vegetable food (the nature of which has not yet been ascertained by any chemical experiment), no doubt enters the mass of blood, and there forms the uric acid. The existence of this acid in the circulating fluids, may prevent the due formation and deposition of the phosphat of lime, or, as is much more probable, may decompose it after it is deposited, so as afterward to become an extraneous body, and removed by the absorbent vessels and evacuated by the urine; thus we find the urine of rickety children charged with calcareous matter. It is observed, by Morgagni, Portal, and Pinel, that softness of the bones in adults generally occurs in gouty habits. Now it appears, by the experiments of Dr. Wollaston, Mr. Fourcroy, and Dr. Pearson, that the concretions deposited about the joints of gouty persons, are a calcareous earth combined with the uric acid. It is, therefore, presumable, that the uric acid has a greater affinity to the calcareous earth than the phosphoric acid, and that in consequence of which, the phosphat of lime deposited in the bones, is decomposed, taken up into the circulation by the absorbent vessels, and either deposited in some other part of the body, in which there may be a morbid ac-

* The pale appearance of the fæces of rickety children sufficiently prove that the bile is not secreted in proper quantity, and the enlarged state of the bowels, flatulency, irregular appetite, and acidity, indicate the disordered state of the digestive organs and wrong action that is going on throughout the intestinal canals.

tion or preternatural determination, or separated from the blood by the kidneys, and conveyed from the body by the urine, which the urine of people affected with gout confirms. Gravel and stone may likewise be thus formed, for their analysis has proved that they are composed of the uric acid and calcareous matter.

Of the Treatment of Rickets.

The first object to attain towards the cure of this disease is, an healthy action in the digestive organs, for which purpose it will be necessary to clear the first passages by an emetic of ipecacuan powder, as directed No. 23, and to empty the intestinal canal by an active dose of calomel, No. 34, or basilic powder, No. 36, after which a dessert or table spoonful of the following mixture may be given three times a day:

Take of extract of ratania root,* one drachm;
Dissolve in lime water, six ounces; then add,
Tincture of cardamom seeds, half an ounce.

If the fæces should continue pale after this medicine has been taken a week, a grain of calomel should be given every, or every other, night, in a little currant jelly or sugar, and if the bowels should not be relieved twice or at least once a day, the basilic powder should be repeated. The alterative dose of calomel should be continued every other night for a week, or till the stools become of a proper yellow appearance.

* This extract is a very admirable strengthening medicine for children. If it cannot be obtained (for at present it is little known in this country,) half an ounce of the tincture of Columbo may be substituted for it.

After this state of the digestive organs is corrected, cold bathing may be employed with the most decided advantage.

If notwithstanding these remedies, the acidity continue to prevail in the stomach, which is frequently the case, the emetic of ipecacuan powder should be repeated, and the patient should, besides the mixture, take the prepared natron, as directed No. 60, and when the symptoms of indigestion have subsided, the mixture need not be taken more than once a day (about an hour before dinner). The limbs, and even bowels, should be well rubbed every night and morning, with the flesh brush, flannel, or the warm hand.

If the bones of the lower extremities be much curved, they should be supported by instruments, so made as to take off the whole weight of the body, by sustaining the pelvis, and at the same time to produce a slight pressure on the distorted parts of the bones. Several plans of instruments have been recommended for this purpose, but those invented by Mr. Whiteford, surgical instrument maker at Bartholomew's hospital, are certainly the most serviceable, and least inconvenient to wear.

The phosphat of lime is much recommended by Dr. Bobba, of Italy, and it appears has in a few instances been successfully employed in this country. Before its exhibition, it will be necessary to correct the state of the stomach and bowels by an emetic of ipecacuan and the mixture of extract of ratania root; from inattention to this preparatory treatment, it is probable that this medicine has failed in the practice of some practitioners, for the acidity which forms in the stomach of rickety children, will assuredly decompose it, and render it inert. The phosphat of soda, noticed page 7, under the head of

Epsom salt, may likewise be taken every morning, as directed for the Epsom water, page 7. The muriate of lime has also been recommended as a remedy for rickets, but I believe it has little or no advantage over the muriate of soda, which is the common culinary salt.*

The Peruvian bark has been much recommended as a strengthening medicine, but instead of producing such an effect, I have uniformly found it disagree with the bowels, and increase the difficulty of breathing. The use of issues in cases of rickets, recommended by some authors, is much to be doubted. The discharge cannot be beneficial, but by increasing the debility of the frame, would very likely prove injurious; they are at any rate too ambiguous a remedy for domestic medicine in this complaint.

Exercise is of the greatest importance in the treatment of rickets, the child should therefore be well tossed in the arms of an athletic nurse, and when she is tired, it should be put to roll and kick on the carpet, and not into a cradle to be rocked to sleep, or to sit and amuse itself with toys. A lively nurse, that will do her duty out of the sight of the mother as well as in it, will be of much greater service in establishing the health of the child, than all the medicine that can be recommended by the most skilful physician. Nothing strengthens the digestive organs of children more than exercise, and if they have not their due share of it, indigestion and other diseases in the system will be the consequences.†

* I have found common salt so very serviceable in cases of rickets, that I recommend it to be taken in extra quantities in almost every article of diet.

† In manufacturing towns, where mothers have not time to exercise their children, rickety complaints are very prevalent

The diet of rickety children should consist of a proportionate combination of animal and vegetable food, such as broth, chicken, veal, bread and rice puddings, and the animal and vegetable jellies, as those of arrow root, sago, and hartshorn shavings, as directed, page 85, and the beverage chiefly pure water.

Malt liquor, wines of all sort; vinegar, tea, and fruit, should be particularly avoided.

If the child have any difficulty of breathing, or be very weakly, flannel should be worn next the skin.

OF RUPTURE.

A soft compressible tumor, formed by the protrusion of some part of the bowels, generally occurring in the groin and scrotum, and sometimes at the navel and different parts of the belly, constitutes rupture. They are differently named, from their situation and contents.

Of the Causes of Rupture.

Whatever diminishes the cavity of the belly, by forcing the bowels out of their natural situation, will produce this disorder; such as excessive laughing, sneezing, an impregnated womb, and sudden and violent exertions. The fashion of wearing the waistband of the breeches high up, and tight round the waist, by pressing down the bowels, is perhaps the cause of the unusual frequency of ruptures, in England, of late years.

Of the Treatment of Rupture.

All that can be done towards the cure of ruptures, is, to replace the prolapsed parts into the cavity of the belly,

A late medical author observes, that rickets did not appear in this country till manufactures began to flourish.

and to prevent them from slipping out again; the surgeon has then done his part, and the rest is nature's. For the purpose of retaining them in their proper situation, different bandages are employed, according to their seat. When situated in the groin, or scrotum, an instrument, termed a truss, has generally been applied; which, if not properly constructed, by producing an unequal pressure over the aperture, through which the bowels protrude, has been productive of much mischief, by suffering a small portion of the bowels to get between the pad and the bone, so as to become pinched or contused. To obviate such a serious occurrence, several improvements have lately been made on the common truss, which from the length and peculiar formation of the pads, by means of regulating springs, an equal pressure is produced, and the descent of the bowels thus effectually prevented. From the elasticity of the circular spring, it is attended with no kind of inconvenience in walking, or any kind of exercise; but, from the additional spring, the pad is not disturbed by any position of the body. These improvements have been made according to the directions of the first practitioners in surgery in London, viz. Messrs. Cline, Ramsden, Cooper, Roberts, &c. When the body is in an horizontal position, as during bed-time, the use of a truss is not necessary. The bowels should likewise be supported, by means of drawers, with a wide wasteband, which should button as low down as possible.

Costiveness and flatulency should be carefully guarded against, by taking occasionally a table spoonful of the bitter tincture of rhubarb, and avoiding much vegetable food and fermented liquors.

When the contents of the tumor cannot be returned, and is attended with much pain in the part, or in the

bowels, with nausea, vomiting, restlessness, fever, and no discharge by stool, a strangulation of the protruded parts may be suspected, in which case surgical aid should be resorted to without delay, as the life of the patient is endangered by approaching inflammation, and if the confined parts be not soon liberated, mortification and death must inevitably ensue.

OF ST. ANTHONY'S FIRE, OR ERYSIPELAS.

The plethoric, young people, and pregnant women, are generally the subjects of this disease; and after being once affected, are very liable to future attacks.

Of the Symptoms of St. Anthony's Fire.

It comes on with more or less of cold shiverings, and other symptoms of fever, the hot fit being sometimes attended with greater affection of the head, as drowsiness, confusion, and often delirium. The redness of the skin appears after the first or second, and sometimes the third day of the fever, generally on the face, gradually spreading over the neck and scalp of the head, which become turgid, and the eye-lids often so swelled as to close the eyes entirely. The redness is attended with considerable heat, and disappears on slight pressure of the finger, quickly returning on its removal. After some time there commonly arise, sooner or later, blisters of larger or smaller sizes, containing a clear watery fluid, of so ichorous a nature as to inflame the skin it is discharged over. Sometimes the inflammation first appears on the legs, which soon become considerably tumefied. The disorder increases for two or three days, and continues at its height for two more, when it abates, and afterward terminates in

a falling off of the diseased scarf skin, in large scales; but sometimes the delirium increases, and inflammation of the brain intervenes, which, about the seventh, ninth, or eleventh day, often terminates fatally.

Of the Causes of St. Anthony's Fire.

It is produced by sudden exposure to cold, particularly when the body is hot, or in a state of perspiration. Tissot observes, that the superficial inflammation of the skin is occasioned by the irritation of an acrid sharp humour, not duly discharged by perspiration.

Dr. Darwin is of opinion that it is not a primary disease, but that it arises from torpor or inflammation of some internal and distant membrane, as of the stomach, liver, kidneys, or more commonly of the brain, which the learned author thinks is countenanced by the inflammation changing its situation, and liable to return at certain annual or monthly periods. Dr. Cullen supposes it to depend on a matter generated within the body, and in consequence of fever thrown out on its surface.

Of the Treatment of St. Anthony's Fire.

When the brain is not, or but slightly, affected, this disease is not attended with danger, and requires only the occasional use of the aperient mixture, No. 62, with twenty drops of antimonial wine, No. 16, at bed-time, in a little weak white wine whey. The diet should be low, and the drink chiefly barley-water, acidulated with tamarinds. But when the head is much disordered, the feet should be put in warm water, and a blister applied to the nape of the neck. If these fail to afford relief, and the person be of a plethoric habit, the loss of eight or ten ounces of blood from the arm will likewise be necessary. If, notwithstanding these remedies, the affection of the brain

should increase, and the patient become delirious, the head should be shaved, and a large blister applied to the scalp, and mustard poultices to the feet. The fever attendant on this disease, especially when it occurs in autumn, is often of an ambiguous nature, and, instead of the depleting plan, may require an opposite treatment; when, therefore, it is attended with an affection of the head, medical advice should always be taken, the life of the patient being certainly in a critical situation.

The volatile alkali in the dose of five or six grains two or three times a day, dissolved in water, has lately been much recommended by Dr. Peart, and it appears in many instances has proved beneficial. The decoction of Peruvian bark, with the diluted vitriolic acid, is directed by some eminent practitioners from the commencement of the disease; but the propriety of administering such medicines must depend on the attendant symptoms. If there be considerable determination of blood to the head, and symptoms of inflammation of the brain appear, no cautious practitioner would venture on their exhibition. When this disease proves fatal, it is generally by attacking the brain; the object of the practice is, therefore, to check the velocity of the blood to the head, and to diminish the excitability of the system and calm the mind; the symptoms of putrid fever which so often attend the latter stage of the disease, or appear a few days before the dissolution of the patient, are merely symptomatic of the affection of the brain.

The diet should be low, and consist principally of vegetable jellies, and wine and stimulants strictly avoided, unless the debility or sinking state of the patient indicates their use.

Great caution is necessary in the application of external remedies; as, by the imprudent use of repellents, inflammation of the brain has been produced. Fine oatmeal may

be sprinkled over the parts, to absorb the discharge, and cabbage leaves stripped of the stems, softened before the fire, or by being immersed in boiling water, applied in case of much heat and dryness of the parts affected. Notwithstanding the great danger that always attends the use of external applications in this disease, empirics are bold enough to assert, that, by the use of their lotions, it may be infallibly cured. I was sometime since requested to see a patient, afflicted with this disorder, who, from the use of one of these advertised remedies, was attacked with slight inflammation of the brain; and had she continued its application one day longer, it would most assuredly have cost her her life. I embraced the opportunity of analysing this *innocent* composition, as it is stated to be in the directions, which proved to be no less than a solution of corrosive sublimate of mercury!!

OF SAINT VITUS's DANCE.

Description of Saint Vitus's Dance.

This disease is a kind of convulsion, principally attacking children of both sexes, from ten to fourteen years of age.* It first shews itself by a lameness, or rather unsteadiness of one of the legs, which the patient draws after him like an idiot; and afterwards affects the hand, on the same side, that if a glass of liquor be put into it to drink, before the patient can get it to his mouth, he uses a great number of odd gestures; through the hand being

* Dr. Rotheram observes, that he has seen this disease, in a robust man of forty-two: this patient, after various ineffectual remedies had been used, was cured by strong electrical shocks, directed through the whole body.

drawn different ways by the convulsive action of the muscles, he is not able to carry it in a straight line thereto; and as soon as it hath reached his lips, he throws it suddenly into his mouth, and drinks it very hastily, as if he only meant to divert the spectator. The will of the patient seems often to yield to these convulsive motions, as to a propensity, and thereby they are often increased, while the person affected seems to be pleased with increasing the surprise and amusement which his motions occasion to the bystanders. It is sometimes accompanied by confusion of mind, and the patient often labours under an impediment of speech. Females are generally the subjects of this disease.

Of the Causes of Saint Vitus's Dance.

From its generally attacking weakly people, it has been attributed to debility of the system. It arises from an increased excitement of the nervous system, which is often produced by irritation in the stomach and intestines, such as worms, and sometimes by violent passions and perturbation of mind. In females, at the period of puberty, it probably arises from the same causes as hysterics.

Of the Treatment of Saint Vitus's Dance.

As the stomach and intestines are always more or less disordered in this disease, the cure must be commenced by an emetic of ipecacuan powder, No. 23, and the following day a dose of the basilic powder, No. 36, after the due operation of which, strengthening medicines, combined with those that are known to allay the nervous irritability, should be persevered in, such as the following mixture:

Take of essential salt of bark, No. 24, one drachm; dissolve in half a pint of water, then add

Tincture of Russian castor, three drachms,
Tincture of valerian, six drachms. Mix.

Two table spoonfuls to be taken three times a day.

If the complaint be attended with pain in the head, a blister should be applied to the nape of the neck, and the feet kept warm by the use of flannel socks.

When the symptoms are abated, cold bathing every morning will prove of great advantage; and with the use of the muriated tincture of steel, in the dose of ten or fifteen drops, in a glass of cold valerian and camomile tea, will probably complete the cure. The basilic powder should be repeated two or three times a week till nine or twelve doses have been taken, for if it arise from worms it will effectually dislodge them; and if the stomach and intestines are in fault, which in ninety-nine cases in a hundred is the case, the frequent exhibitions of such a purgative will probably remove it. Irregular action of muscles is certainly connected with the state of the stomach and intestines, and Dr. Hamilton asserts may be cured by frequent doses of cathartic medicines, many instances of which that very able and experienced physician has lately published. If this treatment fail of affording relief, the cure should be attempted in the manner directed for epilepsy.

In many cases electricity has proved of great advantage; but, in the majority, it has aggravated the symptoms, and when attended with the head-ach or plethora, should never be employed.

The electuary of tin, recommended for the tape worm, No. 85, has been successfully prescribed by Dr. Blount, of Hereford, and in all the cases I have known it administered, it certainly has proved beneficial in improving the general health of the patient and quieting the nervous system, which I attribute to its mechanical operation on

the inner coats of the stomach and intestines, occasioning them to throw off redundant slime, and producing an healthy action in the mucous glands, and thus tend considerably to the promotion of the health of the body. With this view I have lately given the granulated tin, in many diseases of children, in which the stomach and bowels were disordered, with the most decided advantage. The diet should be regulated according to the strength of the patient: if plethoric, a low diet should be observed, and wine and stimulants avoided. On the contrary, if the body be much debilitated, a nutritious diet should be employed; but even in this case, wine and stimulants should be allowed with great caution. Cold bathing, if it do not alarm the mind, will prove highly beneficial, and in two instances I have known it succeed after all other means proved of no avail.

OF THE SCALD HEAD.

This disease may be considered of a contagious nature. It is often communicated by a change of hats at schools, and in families by the use of the same comb. The whole of the hairy scalp is subject to it, but on inspection it will appear more virulent at the roots of the hair. The discharge is often so acrimonious as to cause swellings of the lymphatic glands of the neck. It is sometimes dry, and at others moist.

Of the Treatment of Scald Head.

On the early appearance of this disease, it will only be necessary to cut the hair short in the places affected, to remove the scabs, and rub a little of the following ointment well over the parts:

Take of the citrine ointment, three drachms,

Olive oil, one drachm. Mix in a glass mortar.

When the disease has been neglected, and the scalp much affected, the shaving of the head will be requisite, after which it should be well washed with a strong solution of soap in water, till the scabs and matter be entirely removed, when the following should be well rubbed over the parts every night and morning, by means of a piece of soft leather:

Take of the citrine ointment,

Pitch ointment, of each half an ounce.

To be mixed in a glass mortar.

This ointment should be removed every morning by first rubbing over the scalp some olive oil, and afterward washing it off by means of a piece of flannel. If any part appear more diseased than another, the hair of such parts should be pulled out by degrees as their roots are affected. During the use of this ointment, a cap made of bladder should be worn. After the virulence of the disease is abated, the cure may be completed with the citrine ointment and olive oil, as above directed; and even after it has entirely disappeared, it will be necessary to wash the scalp once or twice a day with a strong solution of soap, or a decoction of tobacco, till the hairs begin to grow on the parts, which may be considered a proof of the disease being destroyed.

If this disorder occur in a scrofulous habit, it is generally extremely difficult to cure. In such case it will be necessary to correct the scrofulous diathesis of the system by the remedies recommended for scrofula, of which the prepared natron and compound decoction of sarsaparilla will prove the most efficacious. The internal use of mercury there recommended will not, however, be necessary, as long as the citrine ointment is well rubbed into the scalp.

Although the general opinion is, that this disease is confined to the scalp, I conceive it will in all cases be proper to attend to the general health, and particularly to the digestive organs of the patient; and to guard against acidity in the stomach, by the use of the prepared natron, as directed No. 60. If the stomach be disordered, an emetic of ipecacuan powder, No. 23, and a full dose of the basilic powder, No. 36, will be necessary, and afterward thirty or forty drops of the tincture of columbo may be taken in the solution of prepared natron, as directed, No. 60; but if the patient be of full habit of body, the solution of Epsom salt, or the sulphurous saline water, as directed, No. 2, will answer best.

The diet should consist of a proper proportion of vegetable and animal food, and the beverage pure or distilled water.

OF SCARLET FEVER.

Of the Symptoms.

It begins with chilliness and shiverings; after which the whole skin becomes covered with red spots, more numerous, larger, and redder, than those of the measles. In two or three days they disappear, succeeded by scalings of the skin, like bran dispersed over the body, which fall off and come again, two or three times successively.

Of the Treatment of Scarlet Fever.

This disease is generally so mild as to require nothing more than a low diet, and to avoid a cold air and cold drink. If the body be costive, a dose of the aperient mixture, No. 62, or powdered rhubarb, No. 25, may be taken and repeated occasionally; and if the feverish

symptoms run high, the saline mixture, No. 78, may likewise be taken every two or three hours, in the dose of a tea cupful. The drink should be barley water, acidulated with tamarinds. If attended with much pain in the head, or stupor, a blister should be applied to the nape of the neck, and the feet immersed in warm water. When it is accompanied with more malignant symptoms, its tendency is always to the putrid kind of fever, with ulcers in the throat; which will require the same treatment as recommended for putrid sore throat.

OF SCURVY.

The diseases of the skin, generally termed scorbutic in this country, are considered under the head of "Eruptions of the skin." The true scurvy is of a very putrid, but not contagious, nature; and more frequently occurs in cold climates than in warm ones. It chiefly affects sailors, and such as are shut up in besieged places. It is characterised by extreme debility of the system, a pale and bloated complexion, spongy gums, livid spots on the skin, offensive breath, œdematous swelling of the legs, foul ulcers, fœtid urine, and extremely offensive stools; the pulse small, frequent, and towards the last, intermits. This disease, in its last stage, exhibits a most lamentable and wretched appearance: with considerable aggravation of the above symptoms, the joints become swelled and stiff, the tendons of the legs rigid and contracted, general emaciation ensues, bleeding at different parts of the body, the stools extremely fœtid; at length violent purging or dysentery comes on and soon terminates the tragic scene.

Of the Causes of Scurvy.

This disease evidently arises from the want of fresh

provisions and a due quantity of vegetables, probably assisted by the prevalence of cold and moisture, and such other causes as depress the nervous energy; as indolence, confinement, neglect of cleanliness, much labour and fatigue, sadness, despondency, &c. A preternatural saline state of the fluids is assigned by Dr. Cullen as its proximate cause. It seems to depend more on a defect of nourishment than on a vitiated state of the fluids; and the reason that salted meat is so productive of scurvy, is most probably because it is drained of its nutritious juices, which are extracted and run off in brine, and at the same time its fibres are hardened and rendered more difficult of digestion.

Of the Treatment of Scurvy.

A diet of fresh vegetables and beverage strongly impregnated with the juice of lemons, oranges, and the subacid fruits, are more efficacious in the cure of this disease than the most powerful antiscorbutic medicines the materia medica affords. The essence of malt and spruce have likewise been found of great service, probably from the quantity of fixed air they contain. When lemon or orange juice cannot be obtained, nitre dissolved in vinegar in the proportion of two ounces of the former to a quart of the latter, has been found to afford the best substitute. Water, acidulated with the nitric acid, is perhaps not less efficacious; from one to two ounces or more of the former, may be given three or four times in the course of the day; and of the latter a quantity containing about fifteen or twenty drops of the nitric acid may be taken every five or six hours. The vitriolic acid, the Peruvian bark, and the red sulphate of iron, are likewise very valuable remedies in the far advanced stages of this disease.

The room or cabin of the patient should be fumigated two or three times with the nitrous vapours, as directed page 90, which with cleanliness will contribute much towards the recovery of the patient.

The fæces and urine should be thrown away as soon after they are evacuated as possible, and the vessel rinsed out with vinegar.

The bleeding should be suppressed by the application of styptics, such as a solution of alum with dossels of lint.

In case of ulceration, the lemon juice, with tincture of myrrh, or vinegar and myrrh, will prove the most efficacious application.

The true sea scurvy exhibits, in a remarkable degree, the great influence of the passions of the mind.* Depression of spirits, bordering on despondency, is its constant attendant, the counteracting of which, experience has proved to be of the utmost consequence to the recovery of the patient. In Lord Anson's voyage, it was noticed in reiterated experience of this malady, "that whatever discouraged the seamen, or at any time damped their hopes, never failed to add new vigour to the distemper; for it usually killed those who were in the last stages of it, and confined those to their hammocks who were before capable of some kind of duty; so that (as the writer judiciously observes) it seemed as though alacrity of mind and sanguine thoughts were no contemptible preservatives from its fatal malignity." And in Mr. Ive's journal, a remarkable instance of the good effects of an opposite state of mind is given: "Upon the British fleet coming into the bay of Hieres (Feb. 1744), the men

* Hoffman de Scorb. et ejus vera indole.

understood they were soon to engage the enemy's fleet. There appeared not only in the healthy, but also in the sick, the highest marks of satisfaction and pleasure, and the last mended surprisingly daily, insomuch that on the 11th of February, the day they engaged the combined fleets of France and Spain, there were not above four or five men but what were at their fighting quarters." The siege of Breda, observes Dr. Falconer, in the year 1625, affords an example of the influence of the mind, in this disease, still more striking: " That city, from a long siege, suffered all the miseries that fatigue, bad provisions, and distress of mind could bring on its inhabitants. Among other misfortunes, the scurvy made its appearance, and carried off great numbers. This, added to the other calamities, induced the garrison to incline towards a surrender of the place; when the Prince of Orange, anxious to prevent its loss, and unable to relieve the garrison, contrived however to introduce letters, addressed to the men, promising them the most speedy assistance. These were accompanied with medicines against the scurvy, said to be of great price, but of still greater efficacy; many more were to be sent them. The effects of this deceit were truly astonishing: three small phials of medicine were given to each physician. It was publickly given out that three or four drops were sufficient to impart an healing virtue to a gallon of liquor. We now displayed our wonder-working balsam, nor even were the commanders let into the secret of the cheat on the soldiers. They flocked in crowds about us, every one soliciting that part might be reserved for his use. Cheerfulness again appeared in every countenance, and an universal confidence prevailed in the sovereign virtues of the remedy. The effect of this delusion was really astonishing, for many were quickly and perfectly recovered; such as had

not moved their limbs for a month before, were seen walking in the streets, with their limbs sound, straight, and whole. They boasted of the cure by the Prince's remedy, the motion of their joints being restored by simple friction with oil. Many who had declared they had been rendered worse by all former remedies, recovered in a few days, to their inexpressible joy and the no less general surprise, by their taking what we affirmed to be their gracious Prince's cure." "This curious relation (adds Dr. Lind*) would perhaps hardly gain credit, were it not in every respect consonant to the most accurate observations and the best attested description of that disease. It is given us by an eye-witness, an author of great candour and veracity, who, as he informs us, wrote down every day the state of his patients, and seems to be more surprised with their unexpected recovery than he probably would have been had he been better acquainted with the nature of this surprising malady. An important lesson in physic (adds the excellent writer last mentioned) is hence to be learned, the wonderful and powerful influence of the passions of the mind on the state and disorders of the body. This is too often overlooked in the cure of disorders, many of which are sometimes attempted by the sole mechanical operation of drugs, without calling into our assistance the strong powers of the imagination or the concurring influence of the soul. Hence it is, that the same remedy will not always produce the same effect, even in the same person; and that common remedies often prove wonderfully successful in the hands of bold quacks, but do not answer the purpose in a timorous and distrustful patient."

* Lind on the Scurvy, page 349.

Scurvy, like all other diseases, has its specific remedy most arrogantly puffed off in the daily papers; and although composed of corrosive sublimate of mercury, the public are in the most positive terms assured it is perfectly free from any poisonous ingredient whatever. This preparation of mercury, cautiously administered, is no doubt a good medicine in those diseases of the skin, generally termed scorbutic or land scurvy; but certain restraint of diet and great care are required during its exhibition, which the patient does not think necessary to observe, from a supposition that the medicine is as innocent as the proprietors represent it to be; besides there are many circumstances and states of constitution that may render the use of mercury highly injurious; and there can be little doubt, but that even in land scurvy they have indirectly destroyed many lives; and in the true sea scurvy, I consider them as certain and deadly a poison as a large dose of arsenic.

OF SCIATICA.

When rheumatism attacks the hip joint, or the great nerve of the thigh, it is thus termed. When attended with fever, it will require the treatment recommended for the acute rheumatism; and when fever is entirely absent, it is to be considered of the nature of chronic rheumatism, and as such treated.

SCIRRHUS. See Cancer.

SORE THROAT. See Quinsey.

OF SMALL-POX.

This disease is highly infectious, and the constitution

that has been once under its influence, is thereby rendered secure against its future attack. When the pustules are separate from each other, it is termed distinct, and when they run together it is denominated confluent.

Of the Symptoms of Small-Pox.

It comes on with shiverings, pain in the head, nausea, and other symptoms of fever, and sometimes, a few hours before the eruption, children are afflicted with convulsions. The eruption appears about the fourth day of the fever, first on the face and afterward on the neck, breast, and body. The pustules gradually enlarge and proceed to maturation, which is completed about the eleventh day after their first appearance, when the attendant inflammation and swelling manifestly abate, the eruption afterwards begins to dry and scale off; and about the fifteenth day entirely disappear. The confluent sort is generally attended with more violent symptoms than the distinct, but observes the same period of termination, &c.

Of the Causes of Small-Pox.

It is produced by a specific contagion.

Of the Treatment of Small-Pox.

The small-pox, like the measles, always runs its determined course: all therefore that art can do, is to moderate the attendant fever and to combat unfavourable symptoms. The great advantage of inoculation is, that precautions may be used, from the certain knowledge of the fever, which cannot be employed in due time, when received naturally; besides the mode of introducing it into the constitution, evidently makes a difference in the subsequent symptoms. To avoid a full crop of the eruption, and to

keep down the feverish symptoms, a dose of basilic powder, No. 36, should be taken soon after inoculation, and repeated every third day till the eruption appears, provided the subject be not very weakly; or, if the infection has been received naturally, fifteen drops of antimonial wine in a dose of the saline mixture, No. 78, may be taken every six or eight hours, till the feverish symptoms are abated: a low and cool diet will be proper. Barley water, acidated with tamarinds, may be taken frequently. If the feverish symptoms run high after the eruption has appeared, the basilic powder and antimonial wine should be repeated, and the saline mixture taken oftener. When the pustules begin to maturate, these debilitating means should be discontinued, and the patient allowed gradually to take to his usual living; and if the crop be considerable, and the strength of the patient much reduced, a little port wine may likewise be allowed after dinner. If symptoms of putrid fever intervene, denoted by low pulse, delirium, extreme debility, the purple eruptions, it will require a liberal allowance of cordials, a nourishing diet, as beef tea, animal jellies, and the Peruvian bark, in case the bowels are not disturbed. On the first appearance, however, of such symptoms, the most able advice should be called in, the life of the patient being in great danger.

The matter for inoculation should be taken about the ninth day of the eruption, on a lancet or needle, with which the skin of the patient to be infected need be only slightly scratched. See Cow-Pox.

SPECKS ON THE EYE. See Films.

OF SPITTING OF BLOOD.

It is often difficult to determine in cases of spitting of

blood, whether it proceeds from the internal surface of the mouth, from the fauces, from the adjoining cavities of the nose, from the stomach, or from the lungs; it is, however, of importance to ascertain its source, which in most cases may be done, by attending to the following observations made by the able Dr. Cullen: "When the blood proceeds from some part of the internal surface of the mouth itself, it comes out without any hawking or coughing: and generally, upon inspection of the mouth, the particular source of it becomes evident. When it proceeds from the fauces or the adjoining cavities of the nose, it may be brought out by hawking, and sometimes by coughing, as from the lungs, so that in this way a doubt may arise concerning its real source. A bleeding from the fauces is, however, more rare than from the lungs, and seldom happens but to persons who have been before liable, either to bleeding at the nose, or to some evident cause of erosion; and in most cases by looking into the fauces, the blood may be perceived coming from thence."

When the blood is of a florid and frothy appearance, and brought up with more or less coughing, preceded by rigours and other feverish symptoms, with anxiety and a sense of tightness across the chest, there can be no doubt but that its source is in the lungs. When vomiting accompanies the throwing out of blood from the mouth, as vomiting and coughing often mutually excite each other, so they may be frequently joined, and render it doubtful whether the blood thrown out proceeds from the lungs or the stomach; we may, however, generally decide by considering that blood does not so frequently proceed from the lungs: that the blood proceeding from the lungs is usually of a florid colour, and mixed with a little frothy mucus only, while the blood from the stomach

is commonly of a darker colour, more grumous, and mixed with the other contents of the stomach: that the coughing or vomiting, according as the one or the other first arises in the cases in which they are afterward joined, may sometimes point out the source of the blood; and lastly, that much may be learned from the circumstances and symptoms which have preceded the discharge.

When the source is from the stomach, it is termed *vomiting of blood*, which is considered in its alphabetical order. When the origin is the mouth or fauces, it is of little consequence, and may be checked by the use of the astringent gargle, No. 94, and the loss of blood from the arm, if it arise from plethoric state of the system. If the cause be erosion or ulceration, or if it occur during fever, the treatment must depend on the nature of such fever or ulceration.

What is strictly meant by spitting of blood, is when the blood is discharged from a ruptured vessel in the lungs, technically termed,

HÆMOPTOE;

Which occurs generally from the age of sixteen to thirty-five, chiefly arising from a faulty proportion between the capacity of the vessels of the lungs, and those of the rest of the body; accordingly it is often an hereditary disease, which implies a peculiar and faulty conformation. It likewise happens especially to persons who discover the smallest capacity of the lungs, by the narrowness of the chest, and by the prominency of their shoulders, which last is a mark of their having been long liable to a difficult respiration. It happens likewise to persons of a slender delicate make, of which a long neck is a sign; to

persons of much sensibility and irritability, and therefore of quick parts, whose bodies are generally of a delicate structure. It likewise frequently arises from suppression of the menstrual discharge; from plethora and violent exercise of the lungs.

Of the Treatment of Hæmoptoe.

The discharge of blood may be moderated by avoiding such things as have a tendency to irritate the body and increase the action of the heart; a low diet must therefore be strictly observed, and external heat and bodily exercise avoided; the air of the room should likewise be kept cool, and the drink (which should consist chiefly of barley-water, acidulated with lemon juice) taken cold, and the patient not suffered to exert his voice. After the operation of a little gentle aperient medicine, as lenitive electuary, or an infusion of senna, with a little cream of tartar dissolved in it, two table spoonfuls of the following may be given to diminish the excitability of the system and quiet the circulation in particular.

Take of almond emulsion, six ounces,
Powdered ipecacuan, four grains,
Tincture of fox-glove, forty drops,
Syrup of white poppies, half an ounce. Mix.

In case of much cough, five drops of laudanum may be added to each dose of the mixture; but it must not be resorted to unless it be violent.

If the pulse be not much reduced by the discharge, a few ounces of blood should be taken from the arm, and a blister applied over the breast-bone, especially if pain be experienced in the chest either on coughing or breathing.

If the discharge of blood should not be suppressed or considerably checked after two or three days trial of these remedies, or if the quantity of blood be excessive, it will

be advisable to give the patient one or two grains of the acetated ceruse twice a day, dissolved in an ounce of rose or barley-water. This is a very powerful remedy in restraining the discharge of blood from the lungs, and in many very desperate cases I have known it to succeed beyond expectation, and in no instance have I known it to fail entirely. Emetics have been given in those cases with advantage by Dr. Robinson, and still more lately by Dr. Stoll, of Vienna, who observes, that in discharges of blood from the lungs, ipecacuan powder sometimes acts like a charm, seeming to close the open vessel sooner and more effectually than any other remedy.

When the discharge has ceased, its recurrence should be prevented by the following means: the use of cooling astringent medicines, as a wine glassful of the infusion of red rose leaves, with six drops of the diluted vitriolic acid three or four times a day; the loss of blood from the arm on experiencing any pain in the chest or difficulty of breathing; a seton in the side, or perpetual blister between the shoulders, or over the breast-bone; flannel next the skin; avoiding much exercise, particularly of the lungs; the occasional use of aperient medicines, to obviate costiveness, and a spare diet, consisting principally of animal jellies; but diseases of this class are all so formidable, that it is advisable to call in an experienced practitioner without delay.

If symptoms of ulceration succeed the discharge of blood, as cough, with an expectoration of matter, &c. it constitutes that species of pulmonary consumption, termed phthisis hæmoptoica, which see.

STONE IN THE BLADDER. See Gravel.

OF STRANGURY.

When this complaint succeeds the application of blis-

ters, by an extra use of diluting liquids, as linseed tea or barley water, with a few grains of nitre powder, and a little gum-arabic, it will be relieved in the course of a few hours. When it is occasioned by the pressure of an impregnated womb, costiveness should be avoided by small doses of castor oil, and an horizontal position observed as much as possible. When attendant on the stone or gravel, it may be relieved by the means already recommended for those complaints.

SWEATING, PROFUSE.

Excessive perspiration attendant on inflammatory fevers or internal inflammation, as pleurisy, &c. should always be considered salutary. If it be evidently the consequence of debility or relaxation of the system, the diluted vitriolic acid, as directed No. 18, will prove the best remedy.

In all cases of perspiration, it is of great importance to determine whether it be really a disease or an effort of nature to expel any morbific matter from the system, or to relieve it of plethora, which often requires an experienced practitioner to decide; even the colliquative sweats attendant on hectic fever, are to be suppressed with the greatest caution. Colliquative perspirations are noticed page 216.

TAPE-WORM. See Worms.

OF TENESMUS.

Of the Symptoms of Tenesmus.

A constant irritation at the fundament, with an inclination to go to stool, when little or nothing can be dis-

charged, except slime or mucus, which is sometimes streaked with blood.

Of the Causes of Tenesmus.

It is often attendant on stone in the bladder, and frequently occasioned by inflammation of the neck of the bladder, from gravel, clap, or the use of astringent and stimulating injections. It is likewise frequently produced by small worms in the rectum, acrid humours, the pressure of an impregnated womb, piles, &c.

Of the Treatment of Tenesmus.

When it is produced by the irritation of a stone in the bladder, the patient should change his usual position of body till it is removed. (See Stone and Gravel.)

When it is occasioned by inflammation of the neck of the bladder (from whatever cause the inflammation may arise), the application of leeches, the use of castor oil, as directed No. 2, and the warm bath will be necessary, and general bleeding, if the subject be of a plethoric habit.

If worms be the cause, the treatment recommended for their expulsion will be necessary; and if attendant on pregnancy, occasional doses of rhubarb, No. 25, or lenitive electuary, No. 47, and lying on the right or left side when in bed, instead of the back, will certainly afford relief.

In all cases, aloetic medicines are highly improper; the frequent use of this purgative medicine having, from its stimulating effects on the rectum, often produced the disease. (See Piles.)

OF TETANY.

This disease is a spasmodic affection, and occurs chiefly in warm climates.

Of the Symptoms of Tetany.

It is characterised by an involuntary and continued contraction of all or several of the muscles of the body, receiving various appellations according to the situation of the parts attacked. When the muscles of the jaw are principally affected, it is named Trismus or Locked Jaw. It commences with a stiffness in the back of the neck, which gradually increases to a pain, and renders the affected part entirely immovable. It extends to the root of the tongue, affects the parts concerned in swallowing, then attacks the front of the chest, and lastly seizes the back. Spasms then arise in the stiffened parts, occasioning such excruciating pain, that death is often wished for, even by the spectators. A remission of these spasms often takes place every ten or fifteen minutes, but is renewed with aggravated torture on the slightest causes, even by the least motion of the person, or the touch of an attendant. The teeth become entirely closed, so that nothing can be introduced into the mouth; and in the end every voluntary muscle of the body is affected, producing the most hideous deformity of appearance.

No permanent fever attends this disease, though some temporary symptoms of it appear during the violence of the spasms; nor is any habit of body exempt from it; but the robust and strong are most frequently its victims.

Of the Causes of Tetany.

Cold and moisture, particularly sudden vicissitudes; or irritation of the nerves in consequence of local injury, as punctures, cuts, &c. are noticed as causes of this disease.

Of the Treatment of Tetany.

When the disease is known to arise from a wounded nerve, the most important step towards the cure is, to

cut off the communication of the part with the brain, either by dividing the nerve in its course, or by destroying, to a certain extent, the affected part. If the wound be on a finger or a toe, it should be amputated.

Opium is the only anti-spasmodic that can be depended on in the cure or palliation of this disease: sixty drops of laudanum should be given in a little wine every three or four hours, and the dose increased ten drops each time, till the spasms are evidently abated in violence; it should then be continued at that dose for some time longer, the disease being very liable to recur. This medicine, even in large doses, does not operate in these cases as in other diseases; for although it produce some remission of the spasm and pain, it hardly induces any sleep, or occasions that stupor, intoxication, or delirium, which it generally does in other complaints. Opium has been given, and in a few instances with success, to the extent of half a drachm, which is equal to about three quarters of an ounce of laudanum.

If the muscles of the jaw, and those concerned in swallowing, be so much affected that this remedy cannot be got into the stomach, it must be administered clyster-wise, by dissolving about two scruples, or a drachm of opium in half a pint of gruel, which should be injected every three or four hours. If the jaws be so closed by the spasm of the muscles, that they cannot be opened during any period of the day, it will be advisable to remove a portion of the front teeth by a small saw or trephine, for it is certainly of great consequence to get the remedy as well as nourishment into the stomach, which may in general be afterward done by means of a flexible tube; if, however, the muscles of deglutition and the gullet should be affected, the body should be immersed in warm milk, two or three times a day, from which a

sufficient quantity will be absorbed to support life, and I think if the milk were strongly impregnated with opium, it might also tend to abate the spasms.

Mercury has been much recommended as a remedy for this disease; and as it does not interfere with the exhibition of opium, a drachm of the strong mercurial ointment, may be rubbed on the inside of the thigh, till the whole be taken up into the system, and repeated twice a day; and in order to accelerate its specific powers on the constitution, the body may be placed in mercurial fumes, as directed by Lalonette, and lately recommended by Mr. Abernethy, in order to saturate the system with mercury, without loss of time, which in so formidable a disease is certainly of the utmost importance. For this purpose the patient should be inclosed, naked, in a kind of box resembling a sedan, having above an opening which encircles the neck, and at the bottom another for the reception of a grate and heated iron; the mercurial powder* is to be thrown on the iron, and after the fumes are entirely dispersed over the body, a flannel dress, which has also been fumigated, should be put on.†

Cold bathing is much extolled, and it seems in many instances has succeeded in curing this disease: and as the use of the warm bath is very doubtful, and in many cases has proved hurtful, the cold bath should have the preference.

* The gray precipitate of mercury and cinnabar are generally employed for this purpose, but calomel will answer as well.

† Sir Charles Blicke, surgeon to St. Bartholomew's hospital, recommends stockings and a flannel waistcoat, fumigated with mercury, to be worn next the skin, with the view to produce mercurial effects both locally and on the constitution, without the fatigue and other unpleasantness of rubbing in the ointment.

The application of blisters and loss of blood, have apparently, in some instances, proved serviceable; but in the majority of cases they have had no salutary effect, and in many have appeared to aggravate the symptoms.

As irregular actions of the muscular system are often produced by irritation in the stomach or intestines, it would also be advisable to clear them out with a strong dose of the cathartic extract and calomel, both by the mouth and clysterwise, which should be frequently repeated. As the exhibition of opium will retard the action of purgative medicines, instead of administering it by the mouth it might answer as well, and probably better, if the body were immersed in a strong solution of opium in warm but not hot water; and as it is in the commencement of this disease that remedies are to be employed with a probability of success, medical aid should be procured while it is likely to prove beneficial.

OF THE TOOTH-ACH.

This well-known disease in general arises from the exposure of the nerve of the tooth to the action of cold air or acrid matter, in consequence of caries.* It is, how-

* The nature or causes of this ulcerative process are little understood, even by those who term themselves dentists. It is remarkable, that of all animals, man is most subject to it. It is generally supposed that it arises from injury done to the enamel, and the consequent exposure of the interior to the action of the atmospheric air; but it has been observed, that when a tooth has been broke by accident, this disease never follows. It is more probable it arises from the use of improper food, particularly sweets and acids, or from its being taken too hot. It is certainly often of a scrofulous nature.

ever, frequently occasioned by inflammation of the membrane lining the socket, in which case the tooth is a little elevated, seldom carious, very painful to the touch, and attended with a throbbing pain which often extends to the neighbouring teeth. This latter kind generally terminates in the formation of matter commonly termed a gum bile.

When the tooth is carious, its extraction may in some instances be advisable, which, when properly managed, is attended with considerably less pain than a severe paroxysm of the tooth-ach.*

When the decay of the tooth appears to be a constitutional disease, its removal is not in all cases to be advised, as the same diseased action will, in that case, very probably, go on in another tooth. Although it be a prevailing opinion with the medical men and dentists, that one bad tooth will contaminate another in this instance; I am well persuaded that its continuance in the jaw will be the means of preserving the others sound.

When it is of an inflammatory nature and the tooth sound, the cure should be attempted by the extracting blood from the gum by leeches or scarification, which

* The principal pain attending this operation is occasioned by the great pressure of the heel of the instrument, in common use, on the inflamed gum; to obviate which, I some time since had an instrument made, with the fulcrum and claw so constructed, that this great inconvenience is not only prevented, but the extraction of the tooth effected in nearly a perpendicular direction, by which means any injury of the jaw bone is likewise avoided. An account of this improvement I communicated to the medical profession, with a drawing, through the medium of the medical periodical works, and I have the satisfaction to understand, it is adopted by the first dentists in London.

with the use of an aperient medicine and the antimonial febrifuge powder, as directed No. 37, will generally succeed; if, however, it should prove obstinate, a blister may be applied behind the ear, and the scarification or application of leeches repeated, of which the former is the most efficacious. The augustura bark powder, in the dose of fifteen grains, taken every four hours in a little water, is much recommended as a remedy for tooth-ach. When it is entirely nervous, or arises from a disordered state of the stomach, I have known this medicine to succeed in curing it in a few hours.

The poignancy of the pain may in all cases be mitigated by the application of ether and laudanum, by means of a little lint, with which the tooth should be covered, and the mouth afterwards kept closely shut for some time. The part should be previously rinsed out with warm water, to remove any acrid matter that may irritate the nerve of the tooth. Pills of camphor and opium have been very successfully applied to allay the pain, as have likewise oil of cloves, thyme, and pellitory of Spain. The exclusion of the atmospheric air, by filling the cavity with gum mastic and white wax (melted together) or any other composition that will stick in, will not only prevent its recurrence, but often suspend the caries.

Dr. Handel, of Mentz, recommends the following as a very powerful sedative in tooth-ach when occasioned by corrupted or rotten teeth, upon the application of which it is said the excruciating pain almost instantly ceases:

Take of opium, half a drachm,

Extract of deadly nightshade and camphor, of each six grains,

Oil of henbane, one drachm,

Cajeput oil and tincture of cantharides, of each eight drops.

To be formed into a mass, and a little to be introduced into the decayed tooth either in form of pill or on lint.

The effects of fear on an acute attack of the tooth-ach, is remarkable. The sight of the instrument for extracting the tooth, often giving perfect relief, even when the pain has arisen from a carious tooth.*

The best preventive to this disease is to clean the teeth every morning with proper tooth-powder and cold water: the former with the use of a hard brush, will remove the tartarous adhesions, and check the progress of the decay of the tooth, while the latter will remove any acrid matter that may lay on the exposed nerve; and at the same time, being applied cold, will in some degree destroy its sensibility; by the observance of these means, I have known many people that have suffered very considerably from the tooth-ach, never after experience a return. The prepared charcoal, for this purpose, is indisputably the best, being perfectly exempt from the pernicious ingredient of which tooth-powders in general are made, whose mechanical and chemical effects on the enamel of the teeth, often produce the mischief they were employed to prevent. Charcoal powder was first recommended by the celebrated French chemist, Fourcroy, on account of its possessing the properties of rendering the teeth white, destroying fetor (which contaminates the breath) preserving the gums in an healthy state, and capable of suspending the further decay of a tooth, when it has

* Dr. Falconer observes, that he recollects this complaint, when not very violent, to have been cured by the application of the artificial magnet; which, whatever the supporters of the *imposture* of *animal magnetism* may allege (says this esteemed author), could be only owing to the confidence the patient had in the efficacy of the remedy.

once taken place, and at the same time incapable of injuring either the teeth or gums: a particular account of the different charcoal preparations is given, page 83.

For the management of the teeth, the following very judicious directions are given by the ingenious author of the Clinical Guide:

" As the teeth are so liable, from their office, to be affected by matters taken into the mouth, the first and most natural precaution is, to remove these before they can act against their surface, or any effects of heat and stagnation take place. The practice, therefore, of washing after meals, cannot be too strongly inculcated.

" Where tartar also forms, it is most observable in the morning, adhering to the teeth and gums. This points out the propriety of the teeth being regularly cleaned every morning; and from the gums inclining to softness and spunginess, as well as this adhesion of tartar to the enamel, a proper tooth-brush, such as recommended by Dr. Lind, should be employed for the purpose. If a soft tartar is already formed on the teeth, before adopting this plan, the addition of some finely levigated charcoal should be used along with the brush (the powder of the charcoal of the betel nut is unquestionably superior to any other); but if the tartar has formed a firm solid body adhering inseparably to the teeth, and forming, as it were, part of their substance, the best practice will be to separate this by proper instruments, and then the method proposed will be effectual for preserving them in a healthy state.

" But instead of this safe practice recommended, persons anxious only to have their teeth cleaned, without regard to the means employed, have had recourse to certain modes of effecting it, which, though answering the purpose in the mean time, have, in the end, been attended with the most pernicious consequences. These

methods, however various, may be all reduced to two heads, being the effect of strong mechanical friction, or chemical solution.

" The former depends on the use of certain powders, variously coloured according to the views of their inventors, in the composition of which pumice stone, or some other gritty substance forms a principal part: this preparation rubbed daily with the assistance of a brush against the enamel, produces no doubt a polish and whiteness on its surface; but from the strong friction, this effect can only be produced at the expense of the enamel, or by occasioning a partial detrition of it.

" That this is really the case, has been established by actual experiment; for if a sound human tooth be placed in a vice with the convex side upwards, and rubbed with a brush charged with any tooth-powder, in less than an hour, by continuing the rubbing, the enamel of that part exposed to the friction will be entirely destroyed. In repeating this experiment, with the different compositions sold under the title of tooth-powders, the same effect has been known to follow, only varying a little in the time required, according to the fineness of the powder.

" From this fact a calculation may be formed, supposing such powders, used twice or thrice a week, and rubbed for each time one fourth of a minute, in what length of time the enamel may be entirely destroyed; by such calculation, it will be found to require only a very few years.

" To render the above experiment still more conclusive, it need only be observed, that the teeth never receive any renewal of the enamel, when worn away. That it increases only in growth and fineness till the age of twenty; but that after that period it receives no addition, but on the contrary gradually decays, so that by the age of thirty

it will frequently be entirely gone. Nay, its original thickness, even in full growth, is not more than the twenty-fourth part of an inch, how soon then must continued friction itself against such a thin structure produce an abrasion.

" The mischief of this practice many have attributed less to the powder than to the brush that applies it, and they have therefore substituted a cloth in place of the latter. To show, however, that this idea is ill founded, the same experiment may be repeated as already related, employing a cloth instead of the brush. The same effect will be found to follow it, with this difference, that the cloth, by not entering like the brush into the interstices of the teeth, does not render the polish so complete.

" When the teeth possess a thin scale of tartar, the use of prepared charcoal will in time remove it.

" After a thick tartar has been removed by instruments, it will prevent its reaccumulating.

" The teeth that are not regularly clean, should be more rubbed with it than the others.

" Lotions are sold under the name of tinctures, and the chief part of their composition consists always in a certain proportion of mineral acid. Hence they turn out, when examined, very powerful in softening and destroying the enamel.

" They are much more easily applied than the powders, are very quick in producing their effect, and are therefore too often preferred. But in proportion to this quickness of their operation are their bad effects produced; and the slower any effect is produced on the enamel, the safer is the action of the remedy.

" All tinctures, then, for the teeth, are composed of mineral acids, diluted and concealed under various artifices: and that this is the case is clear,

"1st, From their sour astringent taste, conveying to the teeth a peculiar rough sensation.

"2d, From their effervescence on the addition of an alkali; and,

"3d, From the known effects of mineral acids on the teeth, when submitted to their operation by way of experiment.

"From experiments made on this subject it appears, that a mineral acid is the only menstruum by which the enamel of the teeth can be speedily cleaned; and that, though all acids are powerful solvents of the teeth, yet that the vitriolic is the only one which has also the singular effect of whitening them. Hence it becomes necessarily a principal ingredient in all such compositions. Nay it may be observed, that even in its most diluted state, the effects of this acid on the enamel are the same; and though several attempts have been made to meliorate its hurtful principle, and yet preserve its property on the enamel, it appears that those properties cannot be disjoined, and that such attempts are merely a deception of their authors on the public.

"Thus, all acids seem to have a particular tendency to destroy the structure of the teeth, and that in proportion to the strength of the acid principle they possess.

"By the nitrous or muriatic acid the substance of the teeth can be entirely destroyed in one or two days. In the vitriolic, again, this operation is slower, and it seems to take place more by acting on the cementing principle that on the other parts. In the vegetable acids, though this effect is proportionally weak, yet it does take place in a considerable degree, which is evident from the effects of tartar, and also from the similar known effects of sugar, sweetmeats, &c.

"In all the countries where much vegetable acid is

used, particularly in the West Indies and other southern climates, the teeth of the inhabitants are seldom good. Sugared meats and liquors again produce, while they are in the very mouth, symptoms of roughness, tooth-edge, and pain; and the teeth of such people as use them are susceptible of pain on the slightest impressions of cold or chewing.

" To these bad effects of mineral substances on the teeth themselves, may be subjoined that of others which act upon the gums, and thus, in an indirect manner, have the same hurtful tendency. The chief of these is the use of tooth-picks. The gum is spread closely, between the teeth, and it is intended by this closeness, that the teeth should support each other in their place. Whatever then widens the interstices between the teeth, must tend to destroy the intention of nature; and independent of this also, the frequent use of the tooth-pick affords a more convenient lodgment for the food. Instead of the tooth-pick, therefore, a small hair brush, like a pencil, should be used, which will answer the purpose, and obviate all the inconveniences that have been mentioned."

Astringent tinctures, free from acids, are however of considerable utility in constringing the gums and rendering the teeth more firm, for which purpose the tincture of the ratania root will answer best, as recommended page 83.

TRISMUS. See Tetany.

OF TYPHUS OR PUTRID FEVER.

This disease is likewise named malignant, camp, gaol, pestilential, and when attended with livid eruption, petechial or spotted fever. It occurs most frequently in

autumn, and the end of summer, when the days are hot, and the nights cold and chilly. The debilitated are generally the subjects of its attack.

Symptoms of Typhus Fever.

It commences with pain in the head, vomiting, slight shiverings, intense and permanent heat, great thirst, the pulse irregular in the wrist, sometimes tense and hard, and sometimes quick and small, while the arteries of the temples and neck often appear to beat with increased force, with flushing of the face, redness of the eyes, denoting a considerable determination of the blood to the head. An increase of the fever is observable every evening; so that in a few days the patient becomes delirious, with great prostration of strength, the tongue dry, and of a blackish or livid appearance. The breath is offensive, the delirium becomes more constant, and at length changes to a stupor; an eruption of livid or purple spots sometimes appears; the stools become blackish, which, as well as the urine, emit a disagreeable odour, and are sometimes, at this stage, discharged involuntarily; great anxiety about the heart and sighing take place; and often a discharge of blood from the nose, gums, intestines, and other parts; a copious and obstinate purging, cold clammy perspirations, and hiccup precede its fatal termination.

Of the causes of Typhus Fever.

Putrid air, lowness of spirits, poor diet, and whatever weakens the nervous power, are enumerated by authors as causes of this disease. It is evidently produced by putrid effluvia, but in what manner it acts on the system, or the nature and real seat of the disease, I believe to be little understood.

The first symptoms, as the acute pain in the head, the turgid state of the vessels of the eyes, and the increased action of those in the neck and temples, the disordered state of the mind, the deprivation of sleep, and affection of the whole nervous system, indicate an increased or inflammatory action in the brain, which is confirmed by the appearances that organ exhibits on dissection; as the formation of several small abscesses in its substance, an increased effusion of serum in the ventricles, and adhesions of the membranes. From the examination of those who have died of this disease, it appears to me, that it is primarily an inflammation of the membranes of the brain, produced by the peculiar stimulus of putrid effluvia; which, in a short time, by impairing that important organ, and impeding its functions, produces the various symptoms of debility in the system, which we observe sooner or later to take place, and which have been attributed to a putrescency of the fluids of the body: whether the process of putrefaction ever takes place during life is extremely doubtful, such a disposition being so powerfully counteracted by the living principle: that it does not take place, I think, is sufficiently obvious, from the bodies of those, who have fell a sacrifice to this disease, keeping a much longer time than any other, before signs of putrefaction appear; and on this account such bodies are preferred by anatomists, at hospitals, for demonstrating its structure, &c. to pupils.

Of the Treatment of Typhus Fever.

As this disease, when once established, generally runs a certain course, in defiance of medicine, the chief object of practice is to check the progress in its onset: for this purpose a dose of emetic tartar, No. 35, should be given,

on its first attack; which, by evacuating the stomach and bowels, producing an equal distribution of blood over the body, and promoting the different secretions, often succeeds in this respect. If the symptoms, however, continue, the head should be shaved, and a blister applied to the scalp, leeches to the temples, and the feet kept warm by frequent immersion in warm water. The saline mixture should be given, in a state of effervescence, as recommended under the head of crystallized acid of lemon, No. 22, or a table-spoonful of yeast, twice a day. Fixed air, administered in this manner, affords more relief than any medicine we are acquainted with; and in several instances, has alone proved an effectual remedy, not by counteracting putrescency, as has been imagined, but by cooling the body, abating thirst, and diminishing the excitability of the system. The room should be spacious, frequently ventilated and fumigated, as directed page 86. The washing of the body with cold vinegar when it is hot and dry, and the application of it to the scalp and forehead, by means of folds of linen, have proved very beneficial, probably by extracting the superabundant heat. The application of cold water or ice to the head, has been much extolled in this disease; but cold vinegar is certainly preferable. The patient may likewise be permitted to smell a sponge, moistened with the acetic acid, No. 38, at a short distance from the nostrils, a little of which may likewise be sprinkled over the quilt of the bed, or evaporated in a saucer, over the blaze of a candle, which, in small rooms, will supersede the necessity of the more elaborate process of fumigation. The smelling of pungent salt in this case is very improper, as it increases the delirium, and has no effect in destroying the infectious effluvia of the body. The food should be principally weak veal broth thickened

with a little arrow root or oatmeal, and the drink mint tea, or barley water, acidulated with lemon juice.

If, on the fifth or sixth day of the disease, symptoms of debility come on, and the patient be evidently in a sinking state, a more nutritious diet may be allowed, and the strength of the patient supported with port wine, and the camphorated bark mixture, No. 67, which require great caution in their employment, and should be increased and diminished according to the urgency of the symptoms. If the brain be not affected, and the fever arise evidently from debility, the camphorated mixture, No. 67, with wine and the restorative diet, page 152, should be employed. This fever often attends the confluent small-pox. Inflammation of the brain, produced by the action of putrid effluvia, is less vigorous than that occasioned by the application of cold, noticed under the head of inflammation of the brain or phrenzy, and seems to be confined to the membranes of the brain; while, in the latter case, the whole of the brain and membranes are affected: it does not therefore require the active means there suggested for its resolution, or to be pursued any longer than indicated by the state of the patient, and the relief afforded by the depleting plan, &c.

When treating on inflammation of the brain, I observed, that disease was often mistaken for putrid fever, and there noticed a well-marked case of the kind, which was so treated by a country apothecary, within my knowledge; the disease of course terminated fatally, which afforded me the opportunity of examining the state of the brain.

The following case will prove how little the nature of this fever is understood. An experienced practitioner, in Herefordshire, was requested to see a patient affected with fever; on his arrival he found the patient delirious,

and labouring apparently under symptoms of debility, and from its being epidemical in the neighbourhood, he had no hesitation in pronouncing it typhus fever, and as such treated it with cordials. The symptoms of delirium afterward increased, and the patient, in a fit of phrenzy, divided his wind-pipe with a razor, by which he lost nearly two quarts of blood, before surgical assistance could be obtained. The surgeon approximated the edges of the wound with a ligature and proper bandages, and supposed the loss of blood, under such circumstances, must prove fatal; but to his great surprise, the patient speedily recovered from the fever, and the wound healed on the first intention, so that the patient in this instance really cured himself by cutting his throat.

If medical men of judgment be deceived in the nature of this disease, it cannot be a proper case for domestic medicine; and I seriously advise the calling in of a practitioner of approved judgment and skill, before the disease has made much progress. For the means of destroying putrid or contagious effluvia, see page 86.

OF VOMITING.

When vomiting is the effect of poisons taken into the stomach, it requires the treatment already recommended for poisons, page 97.

Vomiting is a very common attendant on pregnancy, and the most healthy women, as well as the weak and delicate, are equally subject to it; the symptoms require, however, different treatment in those opposite states. When it is attended with fulness of the vessels and determination of blood to the brain (evinced by pains and giddiness in the head, flushing in the face, and bleeding at the nose,) blood-letting, with gentle purgatives (as the Epsom water, No. 2, taken every morning,) and a spare diet, will afford the

greatest relief; but when it occurs in a delicate woman, and it be attended with symptoms of debility, such as languor, profuse perspirations, an opposite plan of treatment will be necessary, as a nutritious but light diet, with a moderate use of port wine, will prove most beneficial. Two table spoonfuls of the following mixture may be taken two or three times a day:

Take of infusion of roses, seven ounces,
Epsom salts, two drachms,
Comp. tincture of cardamom seeds, six drachms,
Mix.

Moderate exercise will in both cases be necessary. Emetics should never be taken in such cases, unless prescribed by a skilful practitioner, as their injudicious exhibition may produce abortion. When vomiting arises from weakness and irritability of the stomach, or the acid corruption of the food, it should be considered as a symptom of indigestion, and as such treated. When the matter thrown up is bilious, the neutral salts, No. 2, and the diluted vitriolic acid, No. 18, will be proper, with small doses of laudanum, in case the symptoms be violent. When vomiting is the consequence of hard drinking, diluents, as tea and coffee, with a dose of magnesia, No. 1, or salt of wormwood, No. 21, will prove the most efficacious. When the cause is not evident, the saline draughts, in a state of effervescence, see No. 22, with the occasional use of small doses of rhubarb and laudanum may be employed, and an anodyne plaster applied to the pit of the stomach.

Vomiting is often attendant on organic disease of the stomach, scirrhosity of the pylorus, or ulceration of the inner coat of the stomach; in such cases, two or three grains of extract of hemlock, or one of purified opium, taken twice a day, with the prepared natron, as directed No. 60, or lime water, will afford relief.

Vomiting is generally a symptomatic affection, when the cure will of course depend on the nature of the primary disease.

Vomiting of children frequently arises from their being over-fed, when the matter brought up is always sour: a little magnesia or prepared natron, in mint water, will, in such cases, remove the cause. If the stools be green or of a clay colour, a gentle emetic dose of ipecacuan powder will be necessary.

OF VOMITING OF BLOOD.

When blood is discharged into the stomach, and brought up by vomiting, it is thus termed; and when it proceeds from the lungs, although its expulsion be assisted by vomiting, it is termed hæmoptoe, or spitting of blood. In describing the latter affection, I noticed in what manner the source of the blood thrown out from the mouth might be ascertained. When the blood is brought up without coughing, if of a black and grumous appearance, and mixed with the contents of the stomach, there can be no doubt but that it proceeds from the stomach.

Of the Causes of Vomiting of Blood.

It may arise from the suppression of accustomed evacuations, as the menses or piles.

Of the Treatment of Vomiting.

If the patient be of a plethoric habit of body, the loss of eight or ten ounces of blood from the arm will be necessary, after which three table spoonfuls of the following mixture should be taken every four hours:

Take of red rose leaves, dried, two drachms; infuse

in half a pint of boiling water for three hours, then strain, and add,

Diluted vitriolic acid, two drachms,

Tincture of ratania root, half an ounce. Mix.

It will likewise be proper to produce a determination of blood to the skin, by small doses of ipecacuan powder, combined with opium, as two grains of the former, with about eight drops of laudanum, or half a grain of opium. With the same view the feet should be put into warm water for ten minutes. If these means fail to check the bleeding, six or eight grains of alum in powder may be added to each dose of the mixture, and a blister applied to the pit of the stomach.

Thin gruel will be sufficient both for food and beverage, which should be taken cold. If it arise from suppression or retention of the menses, after the discharge has ceased for some days, the remedies already recommended for these complaints should be employed to produce a proper determination to the womb. (See Green Sickness and Suppression of the Menses).

When the cause is a suppression of the piles, the occasional use of aloetic purges, as the cathartic extract, No. 46, will prevent its recurrence.

OF THE WATER BRASH.

This disease chiefly appears among the lower order of people, and more commonly at middle age, though sometimes old people are subject to it. It affects females oftener than males, and of married women (unless during pregnancy) the barren are most subject to it. It is very prevalent in Scotland and Ireland, but rarely occurs in England. It consists in a discharge of clear water by vomiting or eructations, attended with a burning heat

about the pit of the stomach. It generally comes on by fits, which are most frequent when the stomach is empty, as in the morning and forenoon. The pain is considerably abated by eructations and discharge, but it does not entirely terminate for some time.

Of the Causes of Water Brash.

This disease is generally produced by the intemperate use of ardent spirits, particularly whiskey, with a poor diet. Passions of the mind and cold applied to the lower extremities, are often exciting causes.

Of the Treatment of Water Brash.

The spasms of the stomach may be relieved by laudanum and ether, the dose of which must be proportioned, and repeated according to the violence of the fit; afterward the use of the compound tincture of camomile and ginger, as directed No. 7. The avoiding of costiveness, by the occasional use of the cathartic extract, No. 46, with a generous diet and abstinence from spirituous or fermented liquors will effect a cure.

OF WARTS.

When warts have narrow roots they may be easily removed by ligatures, but when the bases are broad, they may be as effectually, but not so expeditiously destroyed, by rubbing their surface every second morning, with a little lunar caustic, till they entirely disappear.

Warts are organised bodies, and evidently a kind of parasitical or independent life, like the fungus of a tree. Whatever, therefore, proves destructive to the life of parasitical animals, will, by frequent applications, destroy warts; such as strong solutions of steel or arsenic, as noticed under the treatment of cancers.

The influence of the imagination, in destroying warts, is very extraordinary, many instances having occurred of their gradually disappearing after the use of a charm, which could operate only on the mind. It has been observed, when the person has not had confidence in the mystic remedy, it has uniformly failed.

OF WATERY HEAD.

This disease is almost peculiar to infants, chiefly of a scrofulous habit, rarely occurring beyond the fourteenth year.

The symptoms are not at first clear. It commences with slight pain in the head, generally across the brow; as the effusion of water increases, the child becomes affected with nausea, sickness, starting in the sleep, screaming, and other disorders of the animal functions, as convulsions, &c. without any apparent cause; at length the brain becomes so compressed as to produce dilatation of the pupils of the eyes, a variable pulse, with evident stupor. It is commonly fatal.

Of the Treatment of the Watery Head.

Unfortunately the nature of this disease is rarely ascertained, till the effusion of serum is so considerable as to render all efforts to produce its absorption ineffectual. The disease is, in the first instance, an inflammation or increased action in the membranes of the ventricles, &c. and if it were at first detected, an effusion might be prevented by the application of a large blister to the head, leeches to the temples, and the use of brisk purges, as calomel, or the basilic powder, No. 36. When, however, this stage is passed over, the most active means must be employed to stimulate the absorbent vessels for the remo-

val of the accumulated serum; for this purpose a perpetual blister over the scalp, gentle electric shocks through the head, and the exhibition of mercury, are the most powerful remedies.

One grain of calomel may be given in a little jelly three times a day, or a scruple of the strong mercurial ointment may be rubbed on the back twice a day, till it disappears, by means of a hand covered with bladder. Some practitioners recommend the ointment to be rubbed over the blister for the purpose of being more speedily taken up into the system, and if the patient can bear it, it is certainly to be preferred. Five drops of muriated tincture of steel may likewise be given in a little water two or three times a day, and the strength of the system supported by beef tea and wine.

As this disease, when far advanced, is generally considered incurable, medical aid should be speedily employed to prevent its arriving to that hopeless pitch.

OF WEN.

The tumor termed wen, is situated on the front of the neck, between the wind-pipe and skin. Several remedies have been suggested for the cure of this disease, of which the burnt sponge has answered best. Lozenges of this medicine have been much recommended by Dr. Cheston, an eminent physician in Gloucester, and Mr. Ring, surgeon, in London, who found this form to answer best; the advantages of which is attributed to its gradual solution in the mouth. Rubbing the surface of the tumor every night with salt, has, in some instances, succeeded in removing wenny substances of considerable sizes, and also the application of the hand of an executed criminal, which can operate only through the medium of the imagination. A dead toad

hung round the neck has on the same principle effected a cure.

If the burnt sponge lozenges do not succeed, the sources of its nourishment may be cut off, by applying ligatures to the arteries that supply it with blood, which, when the vessels are superficial (as is often the case) is neither a painful nor difficult operation.

There are several species of tumors that form in different parts of the human body, which derive their names from the nature of their substance. I sometime since removed one from the back of a carpenter (Mr. Thomas), at Abbey Tintern, in Monmouthshire, that weighed, after it was freed from the blood, sixteen pounds twelve ounces, which was the largest I ever saw. It had been gradually growing nearly twenty years, and had latterly, from its magnitude and weight, become so troublesome as to prevent his following his occupation, which he has since pursued with greater ease than he had done for many years. The removal of a wen (which is always situated on the anterior part of the neck) by the knife, is on account of the number of blood-vessels that pass through it, and in the neighbourhood, a dangerous operation.

OF WHITES, or Fluor Albus.

Description.

This disease consists in a slimy or puriform discharge from the passage leading to the womb termed vagina, varying in appearance, consistence, and quantity, in different persons. It generally proceeds from the vagina, and sometimes from the womb itself.

Of the Causes of Whites.

Frequent miscarriages, difficult labours, and debility,

are enumerated as causes of this disease. As it often occurs in women of robust constitutions, and, in every other respect, perfectly healthy, it is not always to be considered a disease of weakness, but as arising from a morbid action of the mucous glands of the vagina, or some organic disease of the womb.

Of the Treatment of Whites.

It is often readily cured by those balsamic medicines which are commonly determined to the urinary passages, as the balsam copaiva, and the other turpentine balsams, which may be taken in the following manner:

Take of balsam copaiva, three drachms, to be well rubbed in a mortar, with the yolk of an egg, then add, by degrees,

Mint water, eight ounces, and sugar three drachms. Two table spoonfuls to be taken three times a day. If the strength of the system be much reduced, eight ounces of the decoction of bark may be substituted for the mint water, or three of the following pills may be taken twice or thrice a day:

Take of gum olibanum,

Essential salt of bark, of each one drachm,

Syrup of ginger, sufficient to form a mass, to be divided into thirty pills.

If attended with costiveness, a drachm of the ecphractic pill of the Edinburgh Pharmacopœia may be employed in lieu of the essential salt of bark. Cold bathing, or the local application of cold water, by means of a *bidet*, is a very important remedy for this disease, and should be used every morning.

If the discharge continue after the due employment of these means, an astringent lotion may be made use of with effect, as the following:

Take of the Pomegranate rind, bruised, three drachms, boil in a quart of water to a pint and a half, then strain and add alum, a drachm and a half.

To be injected up the vagina, by means of the female syringe. The due employment of these remedies, with proper exercise and nutritious diet, will generally succeed in curing the disease. But when it is attended with irritability of the nervous system, or connected with any constitutional disease, or arises from impaired digestion, the balsamic medicines recommended above will often have little or no effect. In such cases the following mixture in the dose of three table spoonfuls, two or three times a day, will generally succeed in curing it:

Take of red rose leaves, dried,

Bears whortle-berry, ditto, of each three drachms, boil in a pint of water till one fourth be consumed, then strain, and add,

Epsom salts, three drachms,

Compound tincture of cardamom seeds, six drachms.

If the fæces should be of a pale clay, or very dark colour, one grain of calomel should be taken every other night for about a fortnight.

These medicines, with the use of the astringent injection (twice a day,) I have never known to fail in most obstinate cases.

If the medicine should occasion more than one or two motions in the course of twenty-four hours, the dose should be diminished, or taken less frequently.

When the discharge is of an ichorous nature, and of a dark and yellowish colour, and attended with pain in the region of the womb, or with inflammation, burning heat, difficulty or heat of urine, troublesome itching, a sense of bearing down, and a frequent inclination to go to stool; pains on the approach, or during the time of menstrua-

tion, and particularly if pieces of coagulated blood (generally termed clots), are discharged, some organic disease of the womb may be suspected; especially if they occur about the time of the cessation of the menstrual discharge, in which case the patient should lose no time in availing herself of the advice of the most skilful and experienced practitioner in the neighbourhood.

The diet must depend on the general health of the patient. If she be weakly and of a delicate constitution, it should be nourishing and easy of digestion, such as blancmange, and the vegetable and animal jellies, recommended page 83, with a small portion of meat; a little good port, or white wine, may be also allowed, but water should be adopted in lieu of malt liquor, and if the complaint be attended with much irritation or pain on making water, it will be advisable to avoid pepper and much salt, but not otherwise. Warm diluent liquids, as tea and coffee, and the use of spirituous liquors, are very improper, and will certainly counteract the salutary effects of medicine.

OF WHITE SWELLING.

This disease is generally of a scrofulous nature, but sometimes the consequence of frequent and violent attacks of rheumatism. The former begins in the extremities of the bones or cartilages of the joints, while the latter is seated principally in the ligaments, and may be relieved as already directed for rheumatism. The knee, ancle, and elbow joints are generally the seats of this disease. The scrofulous white swelling begins with acute pain in the interior part of the joint, which is sooner or later succeeded by a gradual enlargement of the ends of the bones forming the joint, with a distention of the veins of the skin surrounding it.

Of the Treatment of Scrofulous White Swelling.

The object of topical management is to prevent the formation of matter, by the application of leeches or cupping, which should be repeated every other day, or according to the urgency of the case; the whole joint should then be kept continually wet and cold, with the following lotion, by means of folds of old linen:

Take of crude sal ammoniac, half an ounce, dissolve in

Spring water, one pint and a half, then add

Vinegar, half a pint.

Two drachms of either of the neutral salts, No. 2, should be taken every morning, and the medicines recommended for the king's evil, to correct the scrofulous diathesis of the system.

In all diseases of the joints, particularly white swelling, the use of distilled water is a most important remedy. It should not only constitute the patient's beverage, but be employed in every article of diet, viz. in the making of tea, coffee, broth, &c. The diet should be low, and consist principally of vegetables, animal broth, and milk, till the diseased part be in a quiet state. Such is the opinion of Dr. Lambe, of the alterative powers of this water in those cases, that he is persuaded, that by its general use, even without any local application or medicines, diseased joints may generally be recovered. As it does not interfere with the means suggested, it is certainly advisable to adopt its use.*

* Since the last edition appeared, in which the distilled water was particularly recommended by Dr. Lambe, an able physician has published a very ingenious treaties on its peculiar properties in the cure of constitutional diseases, which he has illustrated by many important cases. An apparatus for dis-

After the local affection is evidently abated, the cure may be completed by the application of small blisters on each side of the joint, the discharge of which should be kept up by dressing them every morning with the savin ointment, No. 44; for which purpose the thin skin of the blister should be entirely removed. The limb should be kept perfectly quiet, and when the disease is quieted, the joint may be moved a little once a day, to prevent adhesions and consequent stiffness. By the external irritation and discharge of blisters, properly managed and continued for a length of time, with medicines calculated to correct the constitutional affection, and at the same time to support the strength of the patient, as recommended for the treatment of king's evil, many limbs have been saved, which by a hasty surgeon would have been condemned to the knife. The profession is much indebted to Mr. Crowther, of London, and Mr. Russell, of Edinburgh, for many valuable observations on this disease. When the blisters are healed up, the plaster of gum ammoniac and cicuta may be applied with advantage. The same local treatment is proper for the enlargement of a joint from rheumatism, which if attended with fever requires the constitutional remedies as recommended for acute rheumatism.

OF WHITLOE, OR FELON.

This disease consists in an inflammatory swelling of the end of a finger, the pain and obstinacy of which depend on the part attacked: if the skin be only affected, the pain is inconsiderable, and after the effused fluid is

tilling water in any common fire place, has lately been invented by Messrs. R. and G. Knight, Ironmongers, Foster-Lane,

discharged, it soon heals without endangering the nail; but if situated in the membrane beneath the skin, which is often the case, the symptoms are more violent; and if the membrane covering the bone be affected, the inflammation often extends to the hand, and the pain up the arm. The lymphatic vessels, and the gland in the arm pit, are also inflamed and much swollen; in this latter case, if the disease advance to suppuration, the bone is generally rendered carious.

Causes of Whitloe.

It may be produced by various causes. It frequently occurs from external violence, particularly from punctures and bruises, but it happens more frequently without any evident exciting cause, and probably arises from bad habit of body.

Of the Treatment of Whitloe, or Felon.

As the matter that forms in this disease, is generally of that acrid nature as to corrode the soft parts, and even the bone, it will, in all cases, be advisable to prevent its suppuration by applying four or five leeches, and encouraging the bleeding by immersing it in warm water after the removal of the leeches; when the bleeding has ceased the finger should be wrapped up in soft linen, frequently moistened with spirit of wine. The aperient mixture, No. 62, taken as there directed, will also be necessary; and if the patient be of a plethoric habit of body, or the arm much inflamed, six or eight ounces of blood should be taken from the arm. If these means should fail of dispersing it, an incision should be made into the part nearly to the bone, which will effectually prevent suppuration, and thus preserve the nail and the bone.

When an effusion of serum has taken place, it should

be let out as soon as possible, to prevent the mischief that it will otherwise produce by lying on the parts, particularly if near the bone. A poultice may then be applied, which, with an occasional use of a little brandy, will effect a cure. But so many untoward circumstances happen in those cases, such as caries of the bone, the formation of fungus under the nail, &c. that it will always be advisable to apply to an experienced surgeon, whose timely assistance will prevent much mischief, by saving the finger, &c.

WOMB, CANCER OF. See Cancer.

OF WORMS.

The worms that infest the human body may be reduced to three general classes, viz. ascarides, or small round and short worms, which chiefly occupy the lower intestine; the teres, or round and long worm, which are generally seated in the small intestines and stomach; and the tænia or tape worm, which for the most part possesses the whole tract of the intestinal canal, and from the testimony of some medical authors, are from two to forty feet long.

The teres or round and long worm is much more commonly found in the intestines of children than adults. This worm, from its general resemblance to the earth worm, has been often confounded with it; they, however, differ materially in their structure; as this circumstance is not generally known, I shall briefly notice in what their difference consists. On examining their outward appearance with attention, the teres or human worm will be found more pointed on both extremities than the common earth-worm. The mouth of the teres consists

of three rounded projections, with an intermediate cavity; whereas the mouth of the earth-worm consists of a longitudinal fissure, situated on the under surface of a small round head. Upon the under surface too of the teres there is a large semilunar fold of skin, into which the head retreats, or out of which it is elongated, which is entirely wanted in the earth-worm. The anus of the teres is situated on the under surface of the worm, a little way from its posterior extremity, and appears like a transverse curved fissure. The anus of the earth-worm is an oval aperture at the very extremity of the worm. The outward covering or skin of the teres is less fleshy and not so strongly marked by transverse rugæ as the earth-worm. In the latter there is often to be seen a broad white band surrounding the body of the worm; but in the teres this is entirely wanting. On each side of the teres there is a longitudinal line very well marked; in the other worm there are three such lines upon the upper half of its surface, but very faintly marked, so as to be hardly discernable. The teres has nothing resembling feet, whereas the earth-worm has on its under surface and towards its posterior extremity a double row of processes on each side, very sensible to the eye and finger, which manifestly serve the purpose of feet on the locomotion of the animal. The internal structure of both animals is also extremely different: in the teres there is an intestinal canal, nearly uniform and smooth in its appearance, which passes from one extremity of the worm to the other. In the earth-worm there is a large and complex stomach, consisting of three cavities, and the intestinal canal is likewise larger and more formed into sacculi than the former. The parts subservient to generation are very different in both, there being in the teres a distinction of sex, the parts being different in the male and female;

whereas the common earth-worm is an hermaphrodite. Many other differences would no doubt be found by a person who might choose to prosecute their anatomy minutely.

The symptoms denoting the existence of worms are common to the different species, viz. indigestion with a variable appetite, foul tongue, offensive breath, hard, full and tense belly, with occasional gripings and pains about the navel, heat and itching sensation in the rectum, and about the anus, the eyes heavy and dull, itching of the nose, short dry cough, grinding of the teeth,* and starting during sleep, attended often with a slow fever.

Of the Causes of Worms.

As worms are generally found only in persons of weak digestive organs, indigestion may be noticed, as, if not the principal cause, at least favouring their generation. There is nothing, however, in the economy of animals, more involved in mystery than the origin of intestinal worms. Were they found to live in situations out of the bodies of living animals, one might readily suppose that their eggs were taken into the body with the food or drink, and there gradually evolved into animals. This, however, is not the case, they are evidently incapable of existing for any length of time in any situation, except within a living animal body, which appears to be the proper place for their growth and residence. We might, therefore, be led to another supposition, viz. that they are really formed from the matter contained in the intestines, which previously had no regular

* This strong and involuntary action of the muscles of the lower jaw is a proof how much the muscular system is affected by irritation in the stomach and bowels.

organization; but this idea is widely different to all analogy in the production of animals. The origin, therefore, of such animals is a subject of much obscurity. That they are not produced by ovula of animals taken with the food, is not only obvious from their being found in the liver and brain, but from the frequency of another kind of animal which is generated in the kidneys, brain, and liver, named hydatids.*

Of the Treatment of Worms.

The indications of cure are, first, to evacuate the redundant slime, and afterwards to strengthen the stomach and bowels, so as to destroy the disposition to their generation.

The first object is best accomplished by brisk cathartic medicines, as the basilic powder, No. 36, a dose of which should be taken every second or third morning, for at least a fortnight, and the tonic mixture, No. 77, in the intermediate time. Lime water being capable of dissolving the mucus in which the worms are involved, may be taken in the quantity of a tea cupful, two or three times a day, during the operation of the basilic

* There is not the least doubt but hydatids are animals; they have been seen to move when taken out of the liver, and they retain their power of motion for some time when put into warm water. The origin of such animals is extremely mysterious, and when the whole evidence of one and the other opinion is compared together, the grounds for believing, that in some orders of animals equivocal generation takes place, appears stronger than those for a contrary opinion. Those who wish to consider those animals more minutely, will find an excellent account of them, published by Dr. John Hunter, in the Medical and Chirurgical Transactions, p. 34.

powder, and with the tonic mixture; the electuary of tin, No. 86, may likewise be taken every morning and evening.

In domestic medicine, an infusion of Indian pink is generally employed for the destruction of worms in children, and often with success. Giddiness, stupor, dimness of sight, redness and pain in the eyes sometimes come on during the use of this medicine, but these symptoms are speedily removed by a purgative medicine, as rhubarb or jalap. These effects, however, prove that it should be administered with caution, and not till after safer vermifuges have been tried in vain. The docoction of quicksilver is also a popular remedy, but I conceive equally unsafe.

Powdered rust of iron is a very excellent vermifuge medicine, and where the complexion of the patient is pale, or the system weakly, is preferable to any other; but when the countenance is florid and the habit evidently plethoric, it is not so proper as the basilic powder, No. 36. The powdered rust of iron is recommended by Dr. Rush to be given from five to thirty grains, in a little currant jelly or brown sugar, for children between one and ten years old. Of all the worm medicines that I have administered, observes this eminent physician, I know none more safe and certain than this simple preparation of iron. If ever it fail of success, it is because it is given in too small a dose. Taught by an old sea captain, who was cured of tape worm by this medicine, Dr. Rush has given to adults from two drachms to half an ounce of it every morning for three or four days, not only with safety, but with success; the addition of ten grains of granulated tin will prove a powerful auxiliary to this medicine.

The hairy down which covers the pods of cowhage

made into an electuary with treacle, has been much recommended by Bancroft and Mr. Chamberlayne, surgeon in London. The electuary, in the dose of a tea spoonful is said to be perfectly safe, and that two or three doses generally suffice. As, however, its effects are attributed to its mechanical action on the worms, it may also act on the intestines of infants, particularly if the natural mucus should happen to be abraded.

The common male fern root has been much extolled as a certain remedy for the tape-worm; the following directions are given for its use: "Two or three drachms of the powdered root to be taken in the morning, no supper having been taken the night before. It generally sickens a little. A brisk purgative with a little calomel, (as the basilic powder, No. 36) is to be given a few hours after, which sometimes brings off the worm entire; if not, the same course must be followed at due intervals." For the success of this remedy, it is necessary the root should be recently gathered; for after being kept long in the shops, its activity is diminished or destroyed. It should be used recently dug, being brought to a state fit for powdering, by drying it in a gentle heated oven or before the fire.

The ascarides or round short worms are principally lodged in the lower intestines, and through being enveloped in mucus, are often very difficult to dislodge; with the use of the basilic powder it will be proper to inject the following by means of a clyster-pipe and bladder:

Take of martial flowers, twenty grains,

Lime water, eight ounces. Dissolve the flowers in the lime water. To be injected warm.

A strong decoction of Indian pinks, with common salt, has been recommended by Dr. Clarke; and a solu-

tion of assafœtida in water and tobacco fumes, by other eminent physicians to be thrown into the rectum, and have been used with success. The muriated tincture of steel would probably prove more powerful, if the worms were not so defended from its action by the mucus in which they are so completely invested. Soap lees has been recommended for dissolving the mucus, but it often proves too irritating. The repeated use of the basilic powder, with the injection of lime water and steel, as above directed, generally succeeds in destroying them.

For the prevention of worms, it will only be necessary to attend to the state of the digestive organs, and to avoid such diet as is likely to derange them, as acid or unripe fruit, fermented liquors, &c. If the pale or dark appearance of the fæces should indicate a deficiency of the secretion of bile, the patient should take half a grain of prepared calomel at bed-time, for five or six nights, for nothing is more destructive to the life of worms than a proper secretion of bile; and I believe the success of mercury is more owing to its increasing the biliary secretion than any immediate effect on the worms.

Children are very subject to an irritative fever, from having been indulged with too great quantities of fruit or acescent food, which is generally attended with the symptoms I have noticed as denoting the existence of worms. This fever has therefore been termed by Dr. Musgrave the *Spurious Worm Fever;* and latterly by Dr. Butter, the *Infantile Remittent Fever.* Dr. Hunter states that he dissected " a great number of children, who have been supposed to die of fever arising from worms, in whom he did not discover the least appearance of worms." This fever is evidently symptomatic of a disordered state of the digestive organs, and may be cured by a gentle emetic of ipecacuan powder, the occasional use of the basilic powder,

No. 36, and a little stomachic medicine, as camomile tea, with the prepared natron, as directed No. 60, which will also prove of service should the fever arise from worms.

No disease offers such a field for the imposition of quacks as worms. Mercury is the basis of all vermifuge nostrums that have fell under my examination; although in the directions the proprietors solemnly declare, that not "a particle of mercury enters their compositions, but that, from their mildness, they may with safety be given to infants at the breast, and that no extra attention is required during their operation." The articles with which mercury is mixed to form it into lozenges or gingerbread nuts, becoming acid by keeping; the mildest preparation of mercury, may be thus converted into a powerful poison, nearly equal in violence to arsenic; besides the mercury not being well blended with the other ingredients, from the quantity that is made at a time, it may, and I know it has happened, that one nut has contained an over-dose of mercury, while another in the same box has scarcely contained any. To these circumstances the many fatal effects that have followed the exhibition of advertised remedies for worms may be attributed.

The artifice practised by worm doctors to deceive the ignorant, is worthy of notice. Dr. Keighly states, that "appearances of tremendous vermin, many yards in length, suspended in a fluid, are ostentatiously displayed at the window, with interesting accounts of their being expelled by the never-failing nostrum, to the admiration of the gaping passenger, and in order to gain his complete faith in the amazing ability of the self-dubbed doctor. Little does he think that these monsters, at the sight of which he shudders, never entered the body *of any*

human being whatever, but are a species of deception, being the small tripe of poultry, prepared so as to imitate the tape-worm to an ignorant or superficial observer!!"

It has been observed that it is unworthy a professional character to notice the practice of empirics. In this work, which is professedly published for domestic reference, I have considered it my duty to point out the dangers that must inevitably follow the indiscriminate use of nostrums; and I shall therefore conclude, by recommending to the perusal of my readers, a pamphlet lately published on the subject of quackery, by Mr. Samuel Highly, entitled the Medical Observer, which, independent of its animadversions on empiricism, contains many valuable observations on domestic medicine. Such a work has been long wanted, and I hope the clergy and other friends to humanity and the promotion of science, will give it every degree of publicity in their power. The editors have done a real public service, and deserve the thanks of their country.

FINIS.

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